



**FOOD MATTERS® | Gaia**

# 21 Day

## GLUTEN FREE PROGRAM

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**CLASSIC & VEGETARIAN**

MEAL PLAN, SHOPPING LIST & RECIPES

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Transform your health and life  
with this groundbreaking mind and body program  
designed by the founders of Food Matters.

**James Colquhoun  
& Laurentine ten Bosch**

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# welcome

Since creating **Food Matters**, we have witnessed a real shift in the way that people view food. This change in mass consciousness is tangible; more people than ever before are interested in health. We see this reflected in the amazing growth of the Food Matters community and the increasing popularity of nutrition as a trending media topic.

As nutrition expands in global awareness, there is an overwhelming influx of information about food. While this enriches the global food conversation, it also creates extra confusion and anxiety around nutrition issues. We increasingly want health answers and food solutions, yet the options can cripple us into inaction.

With more people than ever before wanting to take clear action and reclaim their health, we knew it was time to dive deeper... We wanted to create a tool that gives you easy, simple, digestible information and clear advice to give you lasting results.

The fruition of that dream is in your hands right now. **The 21 Day Gluten Free Program** is designed to equip you with ultimate empowerment, refreshing inspiration and the practical know-how to integrate new habits into a life filled with vibrant health.

After all, you deserve nothing less!

This program is brimming with exciting resources to explore, delicious recipes to savor and health information to wisen up to the latest research. This Workbook invites you to ponder the deeper stuff, expand your consciousness and access the wisdom that sits within your soul and is waiting to be ignited. It will peel back the layers of emotional baggage and mental barriers that may be holding you back all while guiding you through the program.

The 21-Day Handbook includes all meal plans, shopping lists and so much more.

Action starts with a thought. Therefore, if you want to actualize your health dreams, it's essential that our minds are supporting us properly! Your Workbook will help you to do just that.

The 21-Day Handbook is truly your friend throughout this program. It will help you connect you with the most important friend you ever need... Yourself! We all have divine access to our own answers within, but sometimes we just need a little help to unlock them!

So find somewhere peaceful, pour yourself a green juice, and get ready to dive in! You'll discover hidden gems within yourself, step into your personal power and develop the goals and inspiration you need to compel you through this course – and to greater health beyond!



In good health,  
*James & Laurentine*  
Producers of Trancendence





# Overview

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Sometimes the thought of trying to live a healthier lifestyle, seems so difficult, expensive and time consuming, leaving you feeling exhausted before you even begin. Rest assured the 21 Day Gluten Free Program is as simple as effective, designed with 3 components to ensure healthy habits will stick around for the long term.



## **NUTRITION**

Easy to follow weekly meal plans  
Weekly shopping lists  
Video instructions on all meals  
Delicious gluten-free recipes  
Quick & budget-friendly meals  
Vegetarian options available

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## **MOVEMENT**

15 min daily yoga classes  
Option to select longer classes  
Choice of other fitness classes  
Work out anywhere  
Suitable for all fitness levels  
No equipment required

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## **MINDSET**

15 min daily mindfulness classes  
Weekly motivational sessions  
Inspirational movie nights  
Weekly lecture nights  
Support from our nutrition team  
24 hr live chat support



# frequently asked questions

## ***What if I miss a week?***

Although we are kicking off the program together on January 14th, this doesn't mean you have to. If you have personal engagements or prefer to fly solo, you can self-pace yourself! You'll have continued access to the 21 Day Gluten Free Program for as long as you keep your membership, so you can easily refer back to your favorite yoga flows and recipes when you need a little pick-me-up!

## ***Can I do the 21 Day Gluten Free Program in my own time?***

Yes, absolutely! The program is designed to be guided, but you can also self-pace yourself. We recommend blocking out 21 days where you can fully commit to the program to feel its true benefits. Try to pick a time when you don't have a lot of social engagements.

## ***How much time will it take?***

Every day there are 3 simple meals to prepare (some of which can be prepared in bulk earlier in the week). There is also a 10-minute or 40-minute yoga class (or 10-minute stretch class if you prefer) and a short mindfulness video. You can invest as much or as little time as you have during these 21 days.

## ***How do I cancel the program?***

You can cancel at anytime with a click of a button inside your membership account. You can cancel quicker than you can say, "I love green smoothies."

## ***Is this program vegetarian?***

The primary program includes a small amount of wild-caught fish, organic free-range chicken and eggs as we believe in a "qualitarian" approach to eating (eating quality, sustainable foods to nourish our bodies). However, we do have a supplementary meal plan for vegetarians and vegans, so that you, too, can enjoy the 21 Day Gluten Free Program meal plan.

## ***What dietary inclusions are there?***

The program has been designed to be gluten-free, highly nutritious, with a great balance of alkalizing greens, proteins and healthy fats. The primary program has been designed as dairy-free, but we always provide a dairy option for those that do well on dairy.

## ***Which foods and drinks should I be avoiding?***

To get the most out of this program we recommended sticking to the meal plan diligently, avoiding consuming any additional dairy, processed grains, refined sugars, alcohol, black tea and coffee. The 21 Day Gluten Free Program meal plan is designed to keep your hunger pangs at bay and satiated throughout the 21 day period. If you feel peckish we recommend avoiding snacking on fruit and opting for a small handful of activated nuts, carrots or any leftovers from the meals prepared.

## ***What do I need? How expensive is it?***

You will need a blender for the program. A juicer is optional. We have done our best to keep costs down and have not chosen expensive ingredients for the shopping list. We also encourage you to buy in bulk and use the weekend as your main shopping day, ideally at your local farmers' market where you can find the freshest and most nutritious produce.

### ***What if I'm hungry?***

This program is not about deprivation or restricting, so we don't want you to see it as a diet and feel that you need to stick to the meal plans to the "t". It really is a guide for everyone looking to improve their health. Most of the health inquiries we receive at Food Matters center around the question, "How can I improve my health?" People say, "Just tell me what to eat that will make me healthy". Everyone is different and the last thing we want is for people to be hungry on this program, so we have put together a list of approved juices, smoothies, snacks and desserts that you can eat throughout the program whenever you wish! Just remember you can also have more of each meal if you feel like it didn't fill you up enough.

We have to remember this program is designed to be enjoyable! Food should be fun, delicious and nourishing! If, however, you are getting hunger pains, coffee withdrawals or sugar cravings, here are a few tips:

- Take a tablespoon of coconut oil and swish it around your mouth, then swallow. The fats in the coconut oil can trick our taste buds into thinking we just had a meal.
- [Make a signature green smoothie](#). This is a great pick-me-up. If, at the end of a busy day, you come home from work and don't have the energy to prepare a nourishing dinner, this one tip will do the trick.
- [Make some chocolate bliss balls](#) and have them ready for whenever you need them :)

### ***How much water should I drink on the program?***

It is important to drink enough water as our bodies require water for almost every bodily function. Drinking water throughout the day will help you stay hydrated, increase energy levels, improve brain function, flush toxins, help keep you regular and assist with many of the amazing processes that happen every second of the day. How much water should you drink? Take your body weight in pounds and multiply by 0.033 ounces of water per day, then add an extra glass for every hour of exercise. If you don't like maths, a good rule of

thumb is 8 glasses or 2 quarts/liters minimum per day, remembering if you are exercising or in a hot climate you will need extra to account for losses via sweat and urine. You can also count your water intake in the form of herbal teas, green drinks or juices.

### ***Why did you choose so much yoga for the 'Movement' component for the program?***

Workout fads come and go, but virtually no other exercise program is as enduring as yoga. Yoga is an ancient mind-body practice that has been around for more than 5,000 years as a deeply healing practice. India, Nepal and Tibet are the birthplaces of yoga as they hold the secret to this Ayurvedic way of life. The ancients knew the key to good health and enlightenment started with breathwork, backbends and heart openers!!

Yoga does so much more than burn calories and tone muscles. It's a total mind-body workout that combines strengthening and stretching poses with deep breathing, meditation and relaxation. This ancient healing modality has now also been widely adopted in the West to help balance out our ever increasing stress levels, reduce blood pressure and prevent illness. However, if yoga is not your thing, there are also great general workout classes every day as an alternative.

### ***What if I need to eat out while on the 21 Day Program?***

We understand that life can get busy, so we've developed an 'Eating Out Guide' for those times when there isn't enough hours in the day. You can find the 'Eating Out Guide' in the resources section of the 21 Day Gluten Free Program. You can also use the 'Build Your Own Meal' diagram in the back of the handbook to guide your food choices when ordering or eating out.

### ***What if I don't feel like one of the options in the meal plan?***

Great question! We've included a series of additional recipes at the back of the handbook for you to choose from. Still not satisfied? In the appendix there is a 'Build Your Own Meal' diagram to help you construct your own unique healthy meal.

# sunday prep day

Are you one of those people who gets home from work and you can hear yourself saying, "There's lots in the fridge but there is no time to prepare it all. I'm so hungry, I may as well order takeout!"

So often, when we are hungry or exhausted, we don't feel like spending more time preparing a nourishing meal for ourselves. So we need to be one step ahead. The key to success here is organizing ourselves! This is the premise behind Sunday Prep Day. You will need to set aside an hour each Sunday for prepping. This may seem like a long time in the kitchen, however, you will start your week feeling prepared nutritionally so that nothing will stop you from nourishing your body and achieving your goals. We know how busy life gets, so we really can't stress enough that spending this time in the kitchen will be time well spent.

Once you have mastered the Sunday Prep Day, you may even find that this is something that will stay with you, like a habit you do every Sunday. You may even start experimenting and making your own condiments like fermented vegetables, hummus, nut milks, nut butters, cooked beans and legumes. However, we do understand that not everyone has time for this, and that is why we have given the option to buy some pre-made items like canned coconut milk, and canned tomatoes and beans. Try to buy BPA and toxin-free cans, or preferably products in glass jars.

**Note:** *The most important thing is to make sure you're going shopping before you get started on Sunday. Ideally, you will gather your fresh produce from your local farmers' markets on a Saturday or Sunday morning.*

## TIPS & TRICKS:

- Soak your grains the night before so they are ready when you need to cook them. Most grains require about 10-12 hours of soaking time. Quinoa only needs 1-2 hours. It's ok if you forget this, but by soaking the grains we make the nutrients more bioavailable. Also, most seeds, nuts and grains have a protective coating around them called enzyme inhibitors. We can only remove these by soaking them in water and activating the seed or nut as if it was getting ready to germinate.
- Learn to substitute! If you get halfway through a recipe and realize you are out of something, don't stress! Find a substitute and start experimenting and taking risks in the kitchen ;)
- Invest in good storing jars or tupperware. It is worth investing in glass storage jars or mason jars to keep your pantry items in. Not only does this look clean and tidy, but it will also prevent oxidation from bags being left open, as well as spillages. Tupperware is fine, but glass containers with plastic lids are most preferable.



# pantry staples

Having a pantry that is well organized and well stocked with basic ingredients is the key to any cooking success. If you are looking to save time and money, you can buy pantry items in bulk. Health food stores and local food co-ops often have bulk bins where you can buy flours, nuts, seeds, beans, grains, etc in bulk - and they are much cheaper.

Week 1 of the 21 Day Gluten Free Program will seem a little more costly as some items are used throughout the program and will last you a while.

## **Shopping Day (do this before you start the program)**

It's best to buy your fresh produce each week to ensure optimum nutrition value of the produce and reduce wastage.

## **Shop local!**

If organic produce is not available, look for spray-free produce. A great way to save money is to ask the farmer about their farming practices as many farms may be spray-free and organic however may not yet have certification. Shopping at your local farmers' markets also means you will eat seasonal fresh fruits and vegetables.

# week 1

## MEAL PLAN (CLASSIC & VEGETARIAN)

ACTIVITY / MEAL	SUNDAY PREP DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	Cook quinoa Roast vegetables  Prepare yogurt dressing	2 Ingredient Pancakes	Green Smoothie	Breakfast Nori Roll	2 Ingredient Pancakes	Green Smoothie	Breakfast Nori Roll
<b>LUNCH</b>  Vegetarian Option		Roast Vegetable Salad with Yogurt Dressing	Roast Vegetable Salad with Yogurt Dressing	Miso Mushroom Soup	Tabbouleh with Salmon  With Chickpeas (v)	Miso Mushroom Soup	Skin Beauty Salad
<b>DINNER</b>  Vegetarian Option		Zucchini Fritters with Salad	Steamed Vegetables with Satay Sauce & Quinoa	Steamed Fish with Vegetables & Cauliflower Mash  Pesto Pasta with Steamed Greens (v)	Zucchini Pomodoro	Mexican Bean Chili	Pesto Pasta with Steamed Greens

# shopping list

Shopping list for this week is for Monday - Saturday.  
Remember to do your shopping Saturday to make sure you are ready for the week ahead.

## FRUITS & VEGETABLES

- ☐ 4 bananas
- ☐ 1 cup blueberries or other berries (fresh or frozen)
- ☐ 4 avocados
- ☐ 3 lemons
- ☐ 1 lime
- ☐ 4 medium tomatoes
- ☐ 2 white or brown onions
- ☐ 1 red onion
- ☐ 1 bulb of garlic
- ☐ Small hand of fresh ginger
- ☐ 2 spring onions
- ☐ 2 tbsp of chives
- ☐ 1 small bunch of kale
- ☐ 1 large bag of soft greens (spinach, arugula/rocket, bitter greens)
- ☐ 2 handfuls of baby spinach
- ☐ 1 bunch of basil
- ☐ 1 bunch of fresh cilantro (coriander)
- ☐ 1 bunch parsley
- ☐ 6 zucchini
- ☐ 1 head cauliflower
- ☐ 1 head broccoli
- ☐ 2 carrots
- ☐ 1 red pepper
- ☐ 1 cucumber
- ☐ 2 cups root vegetables (pumpkin, sweet potato or butternut squash)
- ☐ 1 small sweet potato
- ☐ 1 cup chopped mixed mushroom chopped (shitake, enokke, button, Swiss brown, etc...)

## PANTRY

- ☐ ¾ cup olive oil
- ☐ 5 tbsp coconut oil or butter
- ☐ 2 cups cooked quinoa
- ☐ 100g gluten-free brown rice pasta (if you are following vegetarian plan (v) buy 200g quantity)
- ☐ 3.5oz (100g) walnuts
- ☐ 2 tbsp pumpkin seeds
- ☐ 2 tbsp sunflower seeds
- ☐ 1 cup nut butter (almond, peanut, cashew or other)
- ☐ 2 tbsp white miso paste (or dark miso)
- ☐ 4 nori sheets
- ☐ 1 tbsp tamari (gluten free soy sauce)
- ☐ Optional: 1 tsp maple syrup
- ☐ Optional: 1 tsp red curry paste
- ☐ 6 sun-dried tomatoes (you can also buy these from the deli)
- ☐ 2 servings protein powder of choice (see note)
- ☐ 7 tsp barley grass powder
- ☐ 3 dates
- ☐ 1 tbsp apple cider vinegar
- ☐ 2 tsp ground turmeric
- ☐ 1 tsp cinnamon
- ☐ ¼ tsp cayenne pepper
- ☐ 1 cup coconut milk, canned or homemade
- ☐ 1 x 14oz (1 x 400g) can of black beans (or soak and cook dried black beans prior)
- ☐ 1 x 14oz (1 x 400g) can of kidney beans

- ☐ 1 x 14oz (1 x 400g) can of chopped tomatoes
- ☐ 1 small can of wild-caught salmon (c)
- ☐ 1 cup chickpeas (v)

## MEAT, FISH, POULTRY & EGGS

- ☐ 1 fish fillet, firm, white, non-oily (snapper, trout, sea bass, cod, halibut, sole, turbot, whiting, or wild barramundi) (c)
- ☐ 1 dozen free-range eggs

## FRIDGE/FREEZER

- ☐ 1 cup (136ml) yogurt (coconut or organic dairy)
- ☐ 28 oz (828ml) plant-based unsweetened milk of choice (coconut, hemp, almond, cashew, rice, soy)
- ☐ 2 tbsp organic, grass-fed butter

(C) classic, (V) vegetarian - If you are following the classic version of the 21 Day Food Matters meal plan, please purchase items in the shopping list marked with a (C). If you are following the vegetarian version please purchase items marked with a (V)

**Note:** We recommend choosing an organic, brown rice pasta containing no additives. Our favorites are rice pasta, rice and quinoa pasta, rice and amaranth pasta. Avoid corn-based pastas as they often contain GMO corn.

Avoid protein powders containing sugar, artificial sweeteners, additives and artificial flavors. Opt for either plant-based or organic whey protein using only natural ingredients, or organic vegan protein powders.

# sunday prep day

(the day before you start the program)

**Cook quinoa** - To prep for the quinoa based meals, soak 1 cup of quinoa for 1-2 hours and rinse thoroughly. Add to a medium pot with 2 cups of water or broth. When the quinoa starts to boil, lower the heat and cook on low with the lid on for about 12 minutes until light and fluffy. Allow to cool, then store in a glass or BPA-free container so it's ready for dinner Tuesday and lunch Thursday. If you have extra, freeze for later.

**Roast vegetables** - For the Roast Vegetable Salad, roast 1 cup of cubed pumpkin and 1 cup of cubed sweet potato in the oven at 350°F (180°C) for about 30-40 minutes or until golden brown. Allow to cool, then store in a glass or plastic container ready for your lunch Monday and Tuesday.

**Make yogurt dressing** - Make 3 servings of the yogurt dressing for Monday and Tuesday lunch and the Wednesday morning nori roll.

# week 1

## MEAL PLAN (CLASSIC & VEGETARIAN)

ACTIVITY / MEAL	SUNDAY PREP DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	Paleo Bread Granola Make the Gut Healing Chicken Soup (Vegetarian Option: Potassium Balance Broth) *If vegetarian, make hummus	Gluten-Free Crepes	Scrambled Eggs with Paleo Bread, Avocado & Sauerkraut	Grain Free Granola	Green Smoothie	Scrambled Eggs with Paleo Bread, Avocado & Sauerkraut	Grain Free Granola	Green Smoothie
<b>LUNCH</b> Vegetarian Option		Zucchini Fritters with Salad	Gut Healing Chicken Soup Potassium Balance Broth (v)	Open Salmon Salad Sandwich Open Hummus Salad Sandwich (v)	Kale Caesar Salad	Open Salmon Salad Sandwich Open Hummus Salad Sandwich (v)	Gut Healing Chicken Soup) Potassium Balance Broth (v)	Waldorf Salad
<b>DINNER</b> Vegetarian Option		Gut Healing Chicken Soup / Potassium Balance Broth (v)	Veggie Stir-Fry with Rice	Coconut Fish Curry with Rice Coconut Chickpea Curry with rice (v)	Pesto Pasta with Steamed Greens (v)	Veggie Stir-Fry with Rice	Mexican Bean Chili	Chicken San Choy Bau Pesto Pasta with Steamed Greens (v)

# shopping list

Shopping list for this week is for Monday - Saturday.  
Remember to do your shopping Saturday to make sure you are ready for the week ahead.

## FRUITS & VEGETABLES

- ☐ 2 bananas
- ☐ 1 large punnet of blueberries or other berries (fresh or frozen)
- ☐ ½ cup red grapes
- ☐ 3 apples
- ☐ 2 avocados
- ☐ 1 lemon
- ☐ 2 limes
- ☐ 1 medium bunch romaine or cos lettuce
- ☐ 1 bunch of cos lettuce (c)
- ☐ 1 bunch kale
- ☐ 2 handfuls of spinach
- ☐ 2 cups leafy greens of choice (spinach, arugula, lettuce, dandelion or other bitter greens)
- ☐ 1 cup green vegetables of choice, lightly steamed (spinach, broccoli, bok choy etc.)
- ☐ 2 small bok choy
- ☐ 4 zucchinis
- ☐ 2 carrots (c)
- ☐ 1 small bunch celery
- ☐ 1 head broccoli
- ☐ 2 red bell peppers
- ☐ 1 small sweet potato
- ☐ 1 bulb of garlic
- ☐ 1 bunch of spring onions
- ☐ 4 white or brown onions
- ☐ 4-inch piece of ginger
- ☐ 1 small red chili (c)
- ☐ 1 bunch cilantro (coriander) (c)
- ☐ 1 bunch of basil

Additional items for vegetarian plan:

- ☐ 1 lemon (v)
- ☐ 1 leek (v)
- ☐ 4 medium zucchinis (v)

- ☐ 3½ cups green beans (v)
- ☐ 1 small bunch parsley with stems and leaves (v)
- ☐ 3 tomatoes (v)
- ☐ 2 cloves garlic (v)

## PANTRY

- ☐ 1 cup (8 fl. oz) cold-pressed extra virgin olive oil
- ☐ ¼ cup (2 fl. oz) coconut oil
- ☐ 4 tsp sesame oil
- ☐ 2 cups white basmati rice (brown, wild, red or black rice)
- ☐ 100g gluten-free brown rice pasta (if you are following vegetarian plan (v) buy 200g quantity)
- ☐ 3 tbsp coconut flour
- ☐ 2 cups tapioca or arrowroot flour
- ☐ 1¼ cup of almonds, ground in the blender or food processor
- ☐ 2 tbsp flax meal (freshly made & stored in fridge)
- ☐ 1 cup walnuts
- ☐ 2 cups mixed, activated nuts (almonds, Brazil nuts, cashews, pecans, walnuts).
- ☐ 1 cup seeds (sunflower, pumpkin & chia seeds)
- ☐ 1 tbsp chia seeds
- ☐ 1 cup shredded coconut
- ☐ 2 dates
- ☐ ¼ cup maple syrup
- ☐ 4 tbsp apple cider vinegar
- ☐ 6 tbsp tamari (gluten-free soy sauce) (c)
- ☐ 2 servings protein powder of choice (see note)

- ☐ 7 tsp barley grass powder
- ☐ 1 tsp vanilla extract
- ☐ 2 tsp baking soda
- ☐ 2 tsp turmeric
- ☐ 1 tsp dried Italian herbs
- ☐ 1 tsp cumin
- ☐ 1½ tsp sea salt
- ☐ ¼ cup raisins
- ☐ 1 tbsp dried rosemary
- ☐ 2 tbsp garam masala powder
- ☐ 1½ tsp ground cinnamon
- ☐ ½ tsp ground nutmeg
- ☐ ¼ tsp ground chili
- ☐ 3 tsp capers (c)
- ☐ 1 tsp Dijon mustard
- ☐ 1 x 14oz (1 x 400ml) cans coconut milk (or make your own)
- ☐ 1 x 14oz (1 x 400g) can of black beans (or soak and cook dried black beans prior)
- ☐ 1 x 14oz (1 x 400g) can of kidney beans (or soak and cook dried kidney beans prior)
- ☐ 1 x 14oz (1 x 400g) cans of chopped tomatoes
- ☐ 2 small cans (6 oz / 170g) of wild, sustainably-caught salmon or (c)
- ☐ 3½ cups garbanzo beans or chickpeas (v)
- ☐ 2 tbsp tahini (sesame paste) (c)
- ☐ Optional: 1 tbsp red curry paste (c)

**Note:** We recommend choosing an organic, brown rice pasta containing no additives. Our favorites are rice pasta, rice and quinoa pasta, rice and amaranth pasta. Avoid corn-based pastas as they often contain GMO corn.

Avoid protein powders containing sugar, artificial sweeteners, additives and artificial flavors. Opt for either plant-based or organic whey protein using only natural ingredients, or organic vegan protein powders.

## MEAT, FISH, POULTRY & EGGS

- ☐ 1 lb (½ kg) mahi mahi or similar firm, wild-caught white fish (c)
- ☐ 2 anchovies (c)
- ☐ 1 whole, organic chicken (c)
- ☐ 1.1 lbs (½ kg) free-range chicken mince (c)
- ☐ 1 dozen free-range eggs

## FRIDGE/FREEZER

- ☐ 3 cups (700ml) yogurt (coconut or organic dairy)
- ☐ 36 oz (1.1 litre) plant-based unsweetened milk of choice (coconut, hemp, almond, cashew, rice, soy)
- ☐ 1 jar of fermented vegetables (or make your own)

(C) classic, (V) vegetarian - If you are following the classic version of the 21 Day Food Matters meal plan, please purchase items in the shopping list marked with a (C). If you are following the vegetarian version please purchase items marked with a (V)

# sunday prep day

**(the day before you start the program)**

**Paleo Bread** - Prepare the Paleo Bread as per the recipe.

**Granola** - Prepare the Granola as per the recipe.

**Gut Healing Chicken Soup** - Tip: Save time in the kitchen by using a slow cooker or crock pot for this recipe.

**\*\*Potassium Balance Broth (vegetarian meal plan)** - Save time in the kitchen by using a slow cooker or crock pot for this recipe.

**\*\*Hummus (vegetarian meal plan)**

# week 3

## MEAL PLAN (CLASSIC & VEGETARIAN)

ACTIVITY / MEAL	SUNDAY PREP DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Paleo Bread  Cook quinoa  Warming Bean Stew with sautéed kale  Cook chick peas (vegetarian options)	Grain-Free Granola	Scrambled Eggs with Paleo Bread, Avocado & Sauerkraut	Green Smoothie	Smashed Avocado on Sautéed Greens & Quinoa	Scrambled Eggs with Paleo Bread, Avocado & Sauerkraut	Grain Free Granola	Smashed Avocado on Sautéed Greens & Quinoa	Gluten-Free Crepes
<b>LUNCH</b>  Vegetarian Option		Waldorf Salad	Miso Mushroom Soup	Open Salmon Salad Sandwich  Open Hummus Salad Sandwich (v)	Miso Mushroom Soup	Kale Caesar Salad  No-anchovies (v)	Open Salmon Salad Sandwich  Open Hummus Salad Sandwich (v)	Kale Caesar Salad  No anchovies (v)	Moroccan Chicken with Rice Pasta  Veggie Stir Fry with Rice (v)
<b>DINNER</b>  Vegetarian Option		Warming Bean Stew with Sautéed Kale	Zucchini Fritters with Salad	Coconut Fish Curry with Rice  Coconut Chickpea Curry with Rice (v)	Zucchini Pomodoro	Warming Bean Stew with Sautéed Kale	Perfect Pizza	Moroccan Chicken with Rice Pasta  Veggie Stir-Fry with Rice	Warming Bean Stew with Sautéed Kale

# shopping list

Shopping list for this week is for Monday - Saturday.  
Remember to do your shopping Saturday to make sure you are ready for the week ahead.

## FRUITS & VEGETABLES

- ☐ 1 banana
- ☐ 1 punnet of blueberries or other berries (fresh or frozen)
- ☐ 4 avocados
- ☐ 2 small apples
- ☐ 2 lemons
- ☐ 2 limes
- ☐ 2 cups Leafy greens of choice (spinach, arugula, lettuce, dandelion or other bitter greens)
- ☐ 1 bunch kale
- ☐ 1 bag or bunch of spinach
- ☐ 1 large head cauliflower
- ☐ 1 small head broccoli
- ☐ 1 carrot
- ☐ 5 zucchinis
- ☐ 2 stalks celery
- ☐ 4 tomatoes
- ☐ 1 handful mushrooms, sliced
- ☐ 1 ½ cups mixed mushroom chopped (shitake, enokke, button, Swiss brown, etc...)
- ☐ 2 tsp freshly grated ginger
- ☐ 14 cloves of garlic
- ☐ 1 bunch cilantro (coriander)
- ☐ 3 handfuls soft herbs (parsley, mint, basil, etc.)
- ☐ 2 handfuls chopped parsley
- ☐ 1 red onion
- ☐ 3 white or brown onions
- ☐ 1 bunch spring onions
- ☐ 2 thumb-sized pieces of ginger

- ☐ 1 small head broccoli
- ☐ 2 small bok choy
- ☐ 1 red bell pepper

## PANTRY

- ☐ ½ cup coconut oil
- ☐ ½ cup extra virgin olive oil
- ☐ 3 tbsp coconut flour
- ☐ 2 cups tapioca starch or arrowroot flour
- ☐ 2¼ cups almond meal (or you can make your own using 2¼ cups of raw almonds)
- ☐ 1 cup quinoa
- ☐ 7oz (200g) gluten-free brown rice pasta (see note)
- ☐ 1 cup nut butter (almond, peanut, cashew or other)
- ☐ 1 tbsp chia seeds
- ☐ 2 tbsp flax meal (freshly made & stored in the refrigerator)
- ☐ 1 tbsp pepitas
- ☐ 3 dates
- ☐ 1 tbsp maple syrup
- ☐ 3 tbsp apple cider vinegar
- ☐ 1 cup chicken stock or white wine (or a mixture of both)
- ☐ 2 tsp baking soda
- ☐ 1 cup black olives
- ☐ 1 tbsp tamari (gluten free soy sauce)
- ☐ Optional: 1 tsp red curry paste (v)
- ☐ 2 tbsp white miso paste (or dark miso)

- ☐ 2 nori sheets
- ☐ 11 sun-dried tomatoes (you can also buy these from the deli)
- ☐ 4 tsp capers
- ☐ Optional: ¼ cup nutritional yeast
- ☐ 2 tbsp tomato paste
- ☐ 3 tbsp dried oregano
- ☐ 3 tsp dried Italian herbs
- ☐ 1 tbsp dried rosemary
- ☐ 1 tsp cinnamon
- ☐ 3 tsp turmeric
- ☐ 3 tbsp cumin
- ☐ 2 tbsp garam masala powder
- ☐ 2 servings protein powder of choice (see note)
- ☐ 7 tsp barley grass powder
- ☐ ½ tsp salt
- ☐ ¼ tsp ground chili
- ☐ Pinch of cayenne pepper
- ☐ 3 x 14oz (3 x 400ml) cans coconut milk
- ☐ 2 x 14oz (2 x 400g) cans of chopped tomatoes
- ☐ 2 x 14oz (2 x 400g) cans of cannellini beans
- ☐ 2 small cans (6 oz / 170g) of wild, sustainably-caught salmon (c)
- ☐ 4 tbsp tamari
- ☐ 1 cup cooked rice (basmati or brown)
- ☐ 4 tsp sesame oil
- ☐ 2 cups chickpeas (v)

**Note:** We recommend choosing an organic, brown rice pasta containing no additives. Our favorites are rice pasta, rice and quinoa pasta, rice and amaranth pasta. Avoid corn-based pastas as they often contain GMO corn.

Avoid protein powders containing sugar, artificial sweeteners, additives and artificial flavors. Opt for either plant-based or organic whey protein using only natural ingredients, or organic vegan protein powders.

## MEAT, FISH, POULTRY & EGGS

- ☐ 1 lb (½ kg) mahi mahi or similar firm, wild-caught white fish (c)
- ☐ 4 anchovies (optional) (c)
- ☐ 2 chicken legs (or 2 thighs and 2 drumsticks) (c) *note: you can either freeze the chicken for Saturday or buy it fresh closer to the time.*
- ☐ 2 dozen free-range eggs

## FRIDGE/FREEZER

- ☐ 3 cups (700ml) yogurt (coconut or organic dairy)
- ☐ 36 oz (1.1 litre) plant-based unsweetened milk of choice (coconut, hemp, almond, cashew, rice, soy)
- ☐ 1 jar of fermented vegetables (e.g. raw sauerkraut)
- ☐ 50g parmesan cheese (or ¼ cup nutritional yeast flakes)

(C) classic, (V) vegetarian - If you are following the classic version of the 21 Day Food Matters meal plan, please purchase items in the shopping list marked with a (C). If you are following the vegetarian version please purchase items marked with a (V)

# sunday prep day

(the day before you start the program)

**Paleo Bread** - Prepare the Paleo Bread as per the recipe.

**Cook quinoa** - To prep for the quinoa based meals, soak 1 cup of quinoa for 1-2 hours or overnight and rinse thoroughly. Add to a medium pot with 3 cups of water. When the quinoa starts to boil, lower the heat and cook on low with the lid on for about 15 minutes until light and fluffy. Add salt to taste and stir it through. Allow to cool, then store in a glass or plastic container ready for breakfast Wednesday and Saturday. Freeze one portion for Saturday's breakfast (remove from freezer the night before and allow to defrost in the refrigerator overnight).

**Cook Warming Bean Stew with Sautéed Kale** - Tip: Save time in the kitchen by using a slow cooker or crock pot for this recipe.

**Cook chickpeas (v)** - Soak 2 cups of chickpeas in a litre of water the night before. Rinse thoroughly. Add to a large pot, fill with water and cook for 40 minutes until soft. Tip: Keep an eye on the water and fill up if evaporation occurs.

A glass of vibrant green juice, likely a detox or health drink, is the central focus. The juice has a frothy, bubbly top. Surrounding the glass are various fresh ingredients: sliced lemons, cucumber pieces, and leafy greens, creating a healthy and refreshing aesthetic.

RECIPES

# Hydration

## SUPER SIMPLE GREEN DRINK

*Get your dose of alkalizing greens in less than a minute! This potent blend lives up to its name, providing a super simple way to get more greens into your diet.*

### Why it's so good for you:

When you use your own blend of greens powders, by consuming spirulina, you're helping to oxygenate and alkalize your blood and provide your body with a good source of fatty acids and a complete source of protein!

### Ingredients

(use organic ingredients where possible)

- 12oz glass of spring or filtered water
- 1 tbsp barley grass/wheat grass powder + 1 tsp spirulina powder

### Method

Stir all ingredients together vigorously.

## GINGER LEMON DETOX DRINK

*Start your day fresh or reinvigorate yourself later in the day with this energizing tummy tamer!*

### Why it's so good for you:

There's a reason why so many of us wake up to a glass of warm lemon water! Lemon juice helps flush out toxins and aids digestion by encouraging the production of bile. It is also a great source of essential nutrients including citric acid, potassium, calcium, phosphorus and magnesium.

Ginger has been used for over 2,000 years to help support digestion and treat stomach upsets, diarrhea and nausea. The addition of ginger to this drink helps to soothe the stomach, reduce inflammation and provide a gentle pick-me-up!

### Ingredients

(use organic ingredients where possible)

- 10oz spring or filtered water
- ½ inch ginger root
- Juice of ½ a lemon
- Optional: 1 tbsp raw honey (omit for sugar-free option)

### Method

1. Add the lemon to the glass of water.
2. Grate the ginger finely on a chopping board.
3. Then squeeze the ginger pieces in your hand, letting the juice of the ginger drip through your fingers and into the glass of water.

## TURMERIC TEA

*Turmeric is one of the most versatile healing spices in the world with over 600 experimentally confirmed health benefits.*

### **Why it's so good for you:**

The antioxidant properties of turmeric reduce the damage free radicals cause in the body and alleviate inflammation, says the University of Maryland's Medical Center. It is so effective that it matches some anti-inflammatory drugs on the market. In that way, curcumin delivers a one-two punch against free radicals. It blocks them directly, then stimulates the body's own antioxidant mechanisms.

This spice is so beneficial to our bodies that it behooves us to incorporate it into our daily routine either through supplementation or by adding it to our meals. Here is an easy to make tea that can be substituted for your morning coffee or added as an afternoon treat.

### **Ingredients**

(use organic ingredients where possible)

- ¼ tsp turmeric powder
- 1 cup warm water
- Grated fresh turmeric (if you have it)
- Optional: ground pepper and ¼ tsp ginger powder

### **Method**

Add all ingredients to a cup or teapot and add 1 cup hot water. Stir until the turmeric is infused.



RECIPES

# breakfast

## 2 INGREDIENT PANCAKES **Serves 1**

### Why it's so good for you:

These quick and easy pancakes are so good for you! Loaded with protein, they're a filling everyday treat! This type of breakfast has the best of both worlds as they're tasty and nutritious. The cinnamon will prevent blood sugar spikes and slumps and helps to regulate blood sugar levels. It is therefore an ideal spice for diabetics or pre-diabetics.

### Ingredients

(use organic ingredients where possible)

- 2 eggs
- 1 banana, peeled, coarsely chopped
- Coconut oil or butter for frying
- Pinch of cinnamon
- Handful of fresh strawberries
- 2 tbsp natural yogurt (coconut or organic dairy)

### Method

1. Whisk 2 eggs in a bowl, add the banana and mash together to form a batter.
2. Heat 1 tablespoon of coconut oil or butter in a frying pan and pour in the batter to create a small pancake, or, if you are using a large frying pan, you can create two small pancakes with that amount of batter in one pan.
3. Let the pancake cook through before flipping it. After flipping it, let the other side cook through.

### Serve with

Fresh strawberries and yogurt, cinnamon, butter, pure maple syrup, nut butter, seed sprinkle, raw honey or your desired toppings.

## GREEN SMOOTHIE **Serves 1**

### Why it's so good for you:

Starting your morning with a green smoothie is an excellent way to feel invigorated, refreshed & ready to take on the day.

Adding spinach as 'the green element' to your smoothie is a great way to get in those extra vitamins. High in vitamins A, C, E, K and bioavailable in iron, manganese, calcium, and folate, spinach is truly a powerhouse green that supports many functions of the body.

Discreet in flavor, the avocado in the smoothie is a little powerhouse on its own, high in essential fatty acids (monounsaturated fats) - a type of fat which is integral to cell function and the synthesis of some important hormones. Not to mention, adding this fat into your smoothie helps you feel 'fuller' for longer and prevents those post-meal hunger pangs.

We also wanted to say, fear not green smoothie newbies, this recipe does include banana, cinnamon & dates for sweetness! The combination of these ingredients makes for a delicious blend, not to mention all these ingredients are functional foods, as well! Bananas are high in potassium and great for metabolic balance; cinnamon reduces blood pressure; and dates contain fiber!

## Ingredients

(use organic ingredients where possible)

- 1 banana
- ½ avocado
- Handful of spinach (fresh or frozen)
- 1 serving protein powder of choice (see note)
- 1 date, pitted
- 14 oz (0.4 litre) plant-based unsweetened milk of choice (coconut, hemp, almond, cashew, rice, soy)
- ½ tsp cinnamon

## Method

Add all ingredients to blender and blend until smooth.

## Optional extras

Chia seeds, hemp seeds, maca powder, greens powder, nut butter, raw cacao powder, fresh mint, spirulina powder, coconut oil.

**Note:** Avoid protein powders containing sugar, artificial sweeteners, additives and artificial flavors. Opt for either plant-based or organic whey protein using only natural ingredients, or organic vegan protein powders.

## BREAKFAST NORI ROLL Serves 1

### Why it's so good for you:

Adding nori to your breakfast may sound strange, but it's a great addition to your meal! Known as an ancient superfood, it was once believed to be our ancestors' secret to health and longevity. For thousands of years, our forefathers ate seaweed for optimum nutrition, as it's rich in minerals including iodine - required for healthy thyroid function.

## Ingredients

(use organic ingredients where possible)

- 1 sheet nori
- 1 egg
- 1 tsp organic butter or coconut oil
- ½ avocado
- Handful of soft greens (spinach - arugula/rocket - bitter greens)
- Sea salt to taste

## Dressing

- 2 tbsp organic yogurt (coconut or dairy)
- 1 tsp turmeric
- 1 tbsp of chives, chopped finely

## Method

1. Heat a frying pan on medium heat and add a small amount of butter or coconut oil to the pan.
2. Whisk egg in a bowl and pour into the pan.
3. Cook for 1 minute. Flip and cook for a further minute.
4. Remove from heat and set aside.
5. Cut the avocado into slices.
6. Lay the nori sheet onto a cutting board, drape the cooled egg in a line, cover with the avocado slices, greens and the yogurt (for better digestion).
7. Roll up, cut in two and eat immediately in order not to let the nori go soggy.

## GLUTEN-FREE CREPES **Serves 2**

*Crepes for breakfast may seem like a treat! Our wholesome version is as easy as it is good for you, and who knows, this may even become a kitchen staple!*

### **Why it's so good for you:**

Coconut flour is ground up coconut meat after it has been pressed for coconut milk. It is a much more absorbent flour and higher in fiber than almond flour. Coconut flour recipes tend to call for very little amounts of the flour and a high amount of moisture, typically in the form of eggs. It's so good at absorbing liquid because it is extremely high in inulin fiber. In addition, arrowroot is one of the easiest starches for the body to digest and beneficial for sensitive digestive systems. It works excellently in gluten-free baking.

These crepes are a delicious, gluten-free alternative to traditional wheat crepes. You can experiment with sweet and savory fillings.

### **Ingredients**

(use organic ingredients where possible)

- 3 tbsp coconut flour
- $\frac{3}{4}$  cup tapioca / arrowroot flour
- 1 cup milk (coconut or almond)
- 2 eggs
- $\frac{1}{2}$  cup blueberries
- 1 tbsp maple syrup
- 2 tbsp natural yogurt

### **Method**

1. In a bowl, whisk together the eggs, milk, tapioca/arrowroot flour and coconut flour.
2. In a frying pan on medium heat, add coconut oil or butter.
3. Pour  $\frac{1}{4}$  cup of the crepe mixture into the pan and tilt the pan with a circular motion so that the batter coats the surface evenly.
4. Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, flip and cook the other side.

### **Serve with**

Fresh or frozen blueberries, maple syrup and yogurt (coconut or organic dairy)

**Tip:** If you feel like you had enough after 2 pancakes, you can fry up the rest of the pancake batter and save in fridge for when you get hungry or you can store the batter in the freezer for another day.

## PALEO BREAD

Serves 8 slices

*Bread! There is so much controversy around it these days! Fear not, this homemade version is as good for you as it is tasty.*

### Why it's so good for you:

This breakfast/paleo bread is great to have on hand for breakfast, lunch or as a snack! Suitable for the dairy and gluten intolerant, our breakfast/paleo bread is loaded with ingredients that will help you feel satiated and nourished. Rich in protein, vitamins and minerals.

Almond meal (or almond flour) is made from ground up blanched almonds. It is the best tasting gluten free flour and works well in gluten-free baking. This grain-free loaf is much lower in carbs and higher in protein and healthy fats compared to most commercial breads on the market!

### Ingredients

(use organic ingredients where possible)

- 2 cups (300 g) almond meal
- 2/3 cup (85 g) tapioca starch/arrowroot flour
- 2 tbsp flaxseed meal (if you don't have flaxseed meal, you can substitute with whole chia seeds)
- 1 tbsp chia seeds
- 1 tsp bicarb soda
- Pinch of salt
- 3 eggs
- ¼ cup (2 oz) coconut milk, canned or homemade
- 1 tbsp maple syrup
- ¼ cup (2 oz) coconut oil
- 1 tsp apple cider vinegar

### Method

1. Preheat the oven to 350°F (180°C) and line a loaf tin with parchment or baking paper.
2. In a large mixing bowl, add almond meal, tapioca starch/arrowroot flour, flaxseed meal, chia seeds, baking soda, and salt. Mix well.
3. In a separate bowl beat eggs, add coconut milk, coconut oil and apple cider vinegar.
4. Add the wet ingredients to the dry and mix well.
5. Pour the mixture into the loaf tin and bake for a 30 minutes or until golden brown and a skewer comes out clean when inserted.
6. Remove the bread from the oven and transfer to a wire rack. Allow to cool before slicing.

**Tip:** This bread will last 3-4 days in an airtight container. Freeze leftover slices in a tupperware container.

**Note:** If using whole almonds, place the almonds in the food processor or high speed blender and process until it resembles a fine flour.

## SCRAMBLED EGGS WITH PALEO BREAD, AVOCADO & SAUERKRAUT **Serves 1**

### Ingredients

(use organic ingredients where possible)

- 1 tsp organic butter or coconut oil
- 3 eggs
- 1 handful chopped parsley
- 1 good pinch sea salt
- Optional: 1 tbsp organic, natural yogurt (coconut or organic dairy)
- 2 slices of paleo bread
- 2 tbsp of sauerkraut or other fermented vegetables
- ½ avocado

### Method

1. In a bowl, whisk the eggs, salt and parsley (and optional cream/yogurt).
2. In a pan, melt butter over low heat.
3. Pour mixture into the pan, and using a spatula, gently move the mixture around to keep it from firming up at the base and sides.
4. While the eggs are cooking, start toasting the paleo bread.
5. When the eggs are only  $\frac{2}{3}$  done (and still runny), remove from heat.
6. Leave them to continue to 'cook' in their own heat for another minute or two.
7. Serve the scrambled eggs on the toasted paleo bread.
8. Enjoy.

### Serve with

Avocado and a serving of fermented vegetables.

## GRAIN-FREE GRANOLA **Serves** 8-10

*Start your day with this delicious blend of nuts, seeds, spices and natural sweetener!*

### **Why it's so good for you:**

Nuts are high in protein and a great source of healthy fats. Soaking increases the nutrient value of the nuts along with breaking down the problematic compounds to help enhance their digestibility. Enjoy this energizing breakfast; thanks to the mix of protein, healthy fats and delicious natural sweetener!

### **Ingredients**

(use organic ingredients where possible)

- 2 cups (280g) mixed activated nuts (almonds, brazil nuts, cashews, pecans, walnuts). Activated means soaked in water overnight, rinsed and strained.
- 1 cup (130g) seeds (we used a combination of activated sunflower, pumpkin & chia seeds)
- Activated means soaked in water overnight, rinsed and drained.
- 1 cup (100g) shredded coconut
- 2 tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ cup coconut oil
- ¼ cup pure maple syrup or raw local honey (or to taste)
- 1 tsp vanilla extract

### **Method**

1. Preheat oven to 320° F (160° C) and line baking tray with parchment paper.
2. Pulse all ingredients (except coconut oil, honey, vanilla extract) in blender or food processor until chunky.
3. Combine coconut oil, honey and vanilla extract.
4. Add 'wet' mixture to the dry ingredients, stirring well to ensure all of the dry ingredients are well coated.
5. Spread evenly on lined baking tray and bake for 10-15 minutes.
6. Stir well with a fork to avoid clusters forming.
7. Bake for another 10-15 minutes or until golden brown. Check regularly to avoid burning.
8. Allow the mixture to cool completely before storing your granola.
9. Store in airtight container for up to 2 weeks. Consume within 1 week for freshness.

### **Serve with**

Organic coconut yogurt (or dairy if preferred) and fresh or frozen blueberries.

## SMASHED AVOCADO ON SAUTÉED GREENS & QUINOA **Serves 1**

### Why it's so good for you:

Protein, healthy fats and slow-releasing carbohydrates make for an excellent breakfast, sustaining you through your morning with energy and nutrients to support your daily activities. Quinoa is a slow-releasing carbohydrate, so it won't spike your blood sugars, but it's also a complete protein source - making it a great vegan or vegetarian option to ensure you're getting all the essential amino acids to repair and build proteins in the body. Avocado is also an incredible source of vitamins, fiber and healthy fats, which will help to keep you full and your skin glowing!

### Ingredients

(use organic ingredients where possible)

- 1 avocado, peeled, halved and pitted
- ¼ red onion, finely diced
- Handful cilantro (coriander)
- 1/8 tsp cayenne pepper
- ½ lemon, juiced
- Sea salt to taste

### Greens

- 1 handful kale
- 1 handful spinach or chard
- 1 handful soft herbs (parsley, mint, basil, etc.)
- Coconut oil or butter for frying

### Method

1. Heat a small amount of coconut oil or butter in the pan and toss in the greens.
2. Sauté on a medium heat until soft.
3. In a bowl, mix together the avocado, onion, cilantro, cayenne, lemon, and salt and pepper to taste.
4. Toss the cooked quinoa in with the greens to heat slightly.
5. To serve, place the greens and quinoa mix on the plate and top with the smashed avocado.



RECIPES

# Lunch

## ROAST VEGETABLE SALAD WITH YOGURT DRESSING

Serves 1

### Why it's so good for you:

Due to their ability to absorb vitamins and minerals from the ground, root vegetables grown in rich soil are full of nutrients and are an excellent source of fiber! Many are high in vitamins A, B and C.

### Ingredients

(use organic ingredients where possible)

- 1 cup roasted vegetables (pumpkin, sweet potato and butternut squash)
- 2 handfuls mixed greens (rocket/arugula, spinach, mesclun, romaine)
- 1 handful chopped herbs (parsley, dill, cilantro)
- 1 tbsp pepitas
- 1 tbsp sunflower seeds

### Yogurt Dressing

- ¼ cup yogurt (coconut yogurt or organic dairy)
- 1 tbsp olive oil
- 1 clove garlic, crushed
- 1 tsp ground turmeric

### Method

1. Place a handful of greens and mixed herbs in a serving bowl.
2. Top with roasted vegetables.
3. Dressing: add the yogurt, oil, garlic and turmeric to a bowl and stir until well combined.
4. Drizzle yogurt dressing over the salad to serve.

### Serve with

2 tbsp pepitas and sunflower seeds

## QUINOA TABBOULEH **Serves 1**

*A crowd-pleasing dish. Serve it as a main, a side dish or as a filling for bell peppers, lettuce cups and more!*

### **Why it's so good for you:**

Naturally gluten free, a complete protein and a source of iron, B-vitamins, magnesium, phosphorus, potassium, calcium, vitamin E and fiber, quinoa is a nutritional powerhouse!

### **Ingredients**

(use organic ingredients where possible)

- 1 cup cooked quinoa
- 1 medium tomato, finely diced
- 1 cup parsley, finely chopped
- ¼ medium red onion, finely diced
- 2 tbsp extra virgin olive oil
- 2 lemons, juiced
- Sea salt to taste

### **Method**

1. In a large bowl, mix together the cooked quinoa, chopped tomatoes, onion, parsley, olive oil and lemon juice.
2. Mix well and add salt to taste.

### **Serve with**

1 small tin of wild and sustainably caught salmon or 1 cup cooked chickpeas. Soak chickpeas for 4 hours or overnight, strain, then cook in boiling water for 30 minutes and drain to serve.

## SKIN BEAUTY SALAD **Serves 1**

### Why it's so good for you:

The key ingredients in this nourishing salad are rich in vitamins and minerals that help give your skin that radiant glow.

### Ingredients

(use organic ingredients where possible)

- 2 handfuls of bitter greens (arugula, dandelion & endive)
- 1 carrot, grated
- 1 cucumber, diced
- ½ red onion, finely diced
- **Optional:** 1 radish

### Dressing

- 1 lime, juiced
- 1 avocado
- 1 tbsp apple cider vinegar
- Pinch of cayenne pepper
- 1 tsp raw honey
- 1 handful fresh, soft herbs (works best with dill, cilantro or basil leaves)
- ¼ tsp sea salt

### Method

1. To make the dressing, add to the blender lime juice, avocado, cayenne pepper, vinegar, honey, herbs and salt.
2. Blend until smooth; you may need to add a dash of water to facilitate blending.
3. Adjust seasoning to taste.
4. In a large bowl, arrange the leaves, cucumber, carrot, radish and onion.
5. Dollop dressing generously on your salad. Mix through before eating.

### Serve with

1 cup of cooked chickpeas for extra protein. Soak chickpeas for 4 hours or overnight, strain, then cook in boiling water for 30 minutes and drain to serve.

## OPEN SALMON SALAD SANDWICH **Serves 1**

*Not your usual sandwich. Salmon is loaded with healthy omega-3 fats and delicious flavor! This open sandwich is quick and easy to make and perfect for lunch any day of the week.*

### **Why it's so good for you:**

Wild-caught salmon is very high in omega-3 fatty acids. These fats are known as essential fatty acids. Salmon is also a great source of protein, selenium, niacin, vitamin B12, phosphorus, magnesium and vitamin B6.

It's important when shopping for tinned salmon that you pick a good, reputable brand ensuring it is wild and sustainably caught and preferably packaged in a BPA-free can.

### **Ingredients**

(use organic ingredients where possible)

- 2 slices of paleo bread
- 1 small tin (6 oz/ 170g) of wild, sustainably caught salmon (alternatively, you can cook this fresh)
- 1 small apple, cored and diced
- 1 celery stalk, diced
- 1 shallot or spring onion, diced.
- 1 tsp capers
- 2 tbsp natural yogurt (coconut or dairy)
- Handful of bitter greens
- Salt and pepper, to taste

### **Vegetarian Version**

- ½ cup hummus
- Handful of bitter greens
- 1 spring onion, diced
- Salt and pepper, to taste

### **Method**

1. Slice 2 slices of paleo bread and toast to preference.
2. In a small bowl, mix together the salmon, apple, celery, spring onions, capers, natural yogurt, and salt and pepper, to taste.
3. Place both slices of the bread on a plate, top the salmon mixture then top with bitter greens.
4. Enjoy.

### **Vegetarian Version**

1. Spread a generous amount of the hummus on each slice of bread.
2. Top with bitter greens, spring onion, salt and pepper to taste.

## QUICK AND EASY HUMMUS **Serves 4**

*A filling staple for parties, snack time and as a spread. Make this homemade version and you'll never use store-bought hummus again.*

### **Why it's so good for you:**

Chickpeas are high in fibre, protein, manganese and iron, making them a great nutrient-rich staple for vegetarians and vegans!

### **Ingredients**

(use organic ingredients where possible)

- 1½ cups garbanzo beans or chickpeas (presoaked overnight and cooked until soft)
- ¼ cup mild-tasting extra virgin olive oil
- 1 clove garlic
- 1/3 cup lemon juice
- ½ tsp sea salt
- 2 tbsp tahini (sesame paste)
- Optional: 1 tbsp red curry paste

### **Method**

Take all ingredients and place them in a food processor; blend until smooth and creamy.

## MISO MUSHROOM SOUP **Serves 1**

*This is the perfect lunch to take to work. Simply pack the night before in a big glass jar, add hot water and you will have a delicious healthy soup in minutes!*

### **Why it's so good for you:**

Miso is full of nutrients, beneficial bacteria and enzymes. Miso provides: protein, vitamin B12, vitamin B2, vitamin E, vitamin K, tryptophan, choline, dietary fiber, linoleic acid and lecithin, all while delivering a unique, salty and savory flavor.

The fermentation process that miso undergoes not only enhances the nutrient density of the soy, but it also reduces anti-nutrients that can interfere with digestion and absorption.

There are many types of miso, some made with just soy beans and others made with barley and rice. Always be sure to buy traditionally and naturally fermented miso using organic and non-GMO soy.

### **Ingredients**

(use organic ingredients where possible)

- 1 tbsp white miso paste (or dark miso)
- 1 tsp of ginger, grated
- 1 shallot or spring onion, diced.
- ¼ cup broccoli florets, chopped small
- 1 sheet dried nori, cut into thin strips
- ½ cup mixed mushrooms, chopped (shitake, Enoki, button, Swiss brown, etc.)

### **Method**

1. Bring a kettle of filtered water to a boil.
2. Place miso, ginger, broccoli and shallots in a large mason jar or soup mug. Fill the mug halfway with hot water and stir the mixture until the miso has dissolved.
3. Add nori and mushrooms into the brew and top with hot water until the jar or mug is completely filled.
4. Allow to steep for 10 minutes so that the mushrooms can soften. Then enjoy!

**Tip:** If you are taking this to eat at work, you can add everything except the hot water to a glass jar with a lid. Then all you need to do is add the hot water when you are ready to eat.

## KALE CAESAR SALAD **Serves 2**

### Why it's so good for you:

Caesar Salad is one of those deceiving dishes tricking you into thinking it's healthy. Too often, though, the store-bought varieties are loaded with highly processed dressings that include refined sugars, stabilizers and hidden nasties.

We've stripped this salad back and created a wholesome version that is both delicious and good for you!

Swapping the usual mayonnaise dressing for a gut-loving yogurt option, this meal instantly feels fresher. With the addition of anchovies, capers, garlic and apple cider vinegar, you need not worry about a lackluster flavor.

Did we mention how great anchovies are for you? These little guys contain just as much omega-3 fatty acids as salmon. Omega-3s can't be produced by the body and must be consumed. This essential molecule is helpful in preventing cardiovascular disease and supporting brain function.

### Ingredients

(use organic ingredients where possible)

#### Dressing

- ¼ cup yogurt (coconut or organic dairy)
- 2 anchovies, finely sliced
- 1 tsp capers
- 1 tbsp apple cider vinegar
- 2 tbsp cold-pressed extra virgin olive oil
- 1 small clove garlic

#### Salad

- 1 medium bunch romaine / cos lettuce, coarsely chopped
- 2 kale leaves, thinly sliced
- 1 boiled egg

#### Croutons

- 1 slice paleo bread, cubed
- ¼ tbsp olive oil
- 1 tsp dried Italian herbs
- Pinch of sea salt

### Method

1. Heat a small frying pan over medium heat and add olive oil.
2. Add paleo bread cubes and season with Italian herbs and sea salt. Toast until golden brown and crispy. Toss halfway through cooking.
3. While the croutons cook, combine all the ingredients for the salad dressing in a high-speed blender and blend until smooth and creamy.
4. Add the sliced kale and lettuce to a large bowl and mix together.
5. Pour in the salad dressing and toss well to fully coat all the greens.
6. Top with crispy croutons and a boiled egg to serve.

**Note:** If saving half of the salad to eat later, leave dressing off so salad remains crisp.

## WALDORF SALAD Serves 2

### Why it's so good for you:

Who says you can't make friends with salad? We think you can with this salad that is both delicious and nutritious.

We've reinvented the original 'Waldorf Salad' Food Matters style by omitting the usual thick, 'creamy', loaded with sugar dressings often found on store-bought ones. Replacing the mayonnaise with gut-loving yogurt, which is full of healthy bacteria, instantly lightens up this meal.

The dressing packs a punch of flavor with the addition of Dijon mustard and apple cider vinegar. Apple cider vinegar is a must-have health food staple with a multitude of health benefits ranging from preventing fat accumulation to blood pressure control and reducing the risk of cardiovascular disease.

Let's not forget the romaine lettuce. Unlike its counterpart, the iceberg, romaine is super nutrient-dense and up there with the likes of spinach. High in fiber, iron, manganese, folate, vitamins A, K & C this green is a star ingredient.

### Ingredients

(use organic ingredients where possible)

- ¼ cup walnuts, chopped roughly
- ½ cup celery, chopped
- ½ cup red grapes, halved with seeds removed
- ¼ cup raisins
- 1 apple, cored and thinly sliced
- 1 medium bunch romaine / cos lettuce

### Dressing

- 1 tsp Dijon mustard
- 1 tbsp apple cider vinegar
- 2 tbsp cold-pressed extra virgin olive oil
- ¼ cup yogurt (coconut or organic dairy)
- 1 pinch salt

### Method

1. In a large salad bowl, add walnuts, celery, grapes, raisins, apple and lettuce.
2. To make the dressing whisk together mustard, yogurt, olive oil and apple cider vinegar. Season to taste.
3. Add dressing to salad, mix, coat well and serve.

**Note:** If saving half of the salad to eat later, leave dressing off so salad remains crisp.



# RECIPES *dinner*

## ZUCCHINI FRITTERS WITH SALAD **Serves 2**

*Fritters make a great meal any time of day! Make a big batch, freeze them, and reheat when needed for a quick and easy meal solution!*

### **Why it's so good for you:**

Zucchini and carrot both have a high water content. When paired with protein and fat from the eggs, these fritters make a filling, nourishing meal without that unwanted heavy feeling!

### **Ingredients**

(use organic ingredients where possible)

- 2 cups grated vegetables (zucchini, carrot or sweet potato)
- 2 free-range eggs
- ½ cup onion, finely chopped/ grated
- Butter or coconut oil for frying
- Sea salt and pepper to taste
- Leafy greens of choice (spinach, arugula, lettuce, dandelion or other bitter greens)
- Drizzle of lemon and olive oil

### **Method**

1. Grate the zucchinis with the skin on and add some salt. Let the mixture stand while you chop the onion.
2. With your hands, squeeze the grated zucchini in order to get rid of excess water, and then mix with the onion, spices and eggs until you have a thick pancake-like batter.
3. In a frying pan, heat the oil or butter and fry the batter in batches of 4 small pancake-sized fritters for about 2 minutes each side on medium heat, or until slightly brown.
4. If you have left over mixture you can fry up the rest and store them in the fridge to add to another meal or have on hand as a snack. They are a delicious side to the roast vegetable salad.

### **Serve with**

A large green salad dressed with lemon and olive oil.

## STEAMED VEGETABLES WITH SATAY SAUCE & QUINOA **Serves 2**

*Thick, rich and creamy, this sauce makes a great accompaniment to veggies or chicken skewers.*

### **Why it's so good for you:**

Store-bought versions are typically full of unwanted additives, including highly processed sugars, trans fats and loads of sodium. When you make it at home, you know exactly what's in it, with no preservatives and plenty of nutrients!

### **Ingredients**

(use organic ingredients where possible)

- 1 cup coconut milk, canned or homemade
- 1 cup nut butter (almond, peanut, cashew or other)
- 1 tbsp tamari
- Optional: 1 tsp red curry paste

### **Method**

- In a small saucepan, heat the coconut milk on low, add the nut butter and the rest of the ingredients and stir until combined. Once heated and a creamy consistency has been reached, the sauce is ready.

### **Serve with**

1 cup steamed vegetables (broccoli, cauliflower and carrots) and 1 cup soaked and cooked quinoa (soak quinoa in water for at least 4 hours or overnight then strain and cook in boiling water for 12-15 minutes. Drain and serve).

**Note:** If you have any leftover satay sauce, place in an airtight container and store in the fridge. This sauce is the perfect veggie dipper for a quick snack.

## STEAMED FISH WITH VEGETABLES & CAULIFLOWER MASH Serves 1

*Cooking fish in a bag helps to infuse the flavors and lock in the moisture. This steamed fish is aromatic and incredibly soft. A simple, delicious dish!*

### Why it's so good for you:

Fish is high in protein and a great source of omega-3 fats, making it a great addition to your diet and supporting your heart, joint, and brain health.

### Ingredients

(use organic ingredients where possible)

- 1 fish fillet, firm, white, non-oily (snapper, trout, sea bass, cod, halibut, sole, turbot, whiting, or wild barramundi)
- 1 lemon slice and extra lemon wedges to serve
- 1 tbsp coconut oil or organic butter
- 1 small handful fresh cilantro (coriander) or dill
- 1 tsp maple syrup (or 1 tsp of coconut sugar)
- Pinch of sea salt

### Method

1. Preheat oven to 320°F (160°C) and cut a piece of parchment paper, roughly 20 inches long.
2. Place the fish fillet in the center and top with all the other ingredients.
3. Bring the long ends of the paper together and fold down securely several times, then fold down or twist the ends tightly and fold under the fish.
4. Bake for 25 minutes or until just cooked. The fish should flake easily.
5. Open the parcel and serve immediately with all its cooking juices.

### Serve with

1 cup steamed vegetables (broccoli, cauliflower, and carrots) and Cauliflower Mash

## CAULIFLOWER MASH **Serves 2**

*The key ingredients in this nourishing salad are rich in vitamins and minerals that help give your skin that radiant glow.*

### **Why it's so good for you:**

Why cauliflower? Not only is it delicious, but cauliflower is a known cancer-fighter that helps the liver to remove excess estrogen from the body.

This cauliflower mash is more nutritious than your typical mashed potato. White potatoes have a high GI (glycemic index) which raises your blood sugar levels very quickly. Cauliflower is a great low GI alternative to white potato and this cauliflower mash is a great alternative to mashed potato - especially for those with diabetes or irregular blood sugar levels.

### **Ingredients**

(use organic ingredients where possible)

- ½ head cauliflower
- 2 tbsp grass-fed butter
- Salt and pepper to taste

### **Method**

1. Steam cauliflower until cooked.
2. Mash with masher.
3. Melt in the butter.
4. Season with salt and pepper, to taste.

## ZUCCHINI POMODORO **Serves 1**

*One of our absolute favorites! It's quick to make and tastes just as good as the regular pasta version, without the heavy feeling post-meal!*

### **Why it's so good for you:**

Zucchini provides you with lutein and zeaxanthin, two carotenoids that promote healthy eyesight! They're also a source of magnesium, folate and fiber.

### **Ingredients**

(use organic ingredients where possible)

- 3 zucchinis
- 1 cup tomatoes
- 6 soaked, sun-dried tomatoes
- ¼ cup olive oil
- 2 cloves garlic
- 1 date
- 2 tbsp of parsley or basil
- 1 tsp sea salt

### **Method**

1. Spiralize the zucchini into noodles, or with a peeler into ribbons, and place in a large serving bowl. (You can eat these zucchini spirals raw but in the winter you could blanch them in boiling water for two minutes so you can serve this dish hot.)
2. For the sauce, place remaining ingredients in food processor/ blender until smooth.
3. To serve, place the zucchini noodles/ ribbons into bowls and pour the raw source over the top, just like you would for a bowl of pasta.

## CHICKEN SAN CHOY BAU **Serves 2**

*This light and tasty dish is perfect for sharing with friends and family. It's quick to make and fills you up!*

### **Why it's so good for you:**

Chicken is a lean source of protein, and high in the amino acid tryptophan. When ingested, tryptophan is converted by the body into serotonin, which works with two other hormones, noradrenaline and dopamine, to lift mood, promote relaxation and help deal with stress.

### **Ingredients**

(use organic ingredients where possible)

- 1.1 lbs free-range chicken mince
- 1 small carrot, grated
- 1 small zucchini, grated
- 1 large onion, finely diced
- 2 garlic cloves, finely diced
- 1-inch piece ginger, grated
- 1 small red chili, finely diced
- 1 tbsp maple syrup or coconut sugar
- 1 tbsp tamari (gluten-free soy sauce)
- ½ lime, juiced
- Sea salt to taste
- Handful fresh cilantro (coriander), roughly chopped
- 1 tbsp coconut oil or organic butter
- 6 -10 cos or butter lettuce leaves

### **Method**

1. Heat frying pan over high heat. Add oil and swirl to coat the base.
2. Add onion, garlic, ginger, and chicken.
3. Stir-fry for a few minutes until the chicken is just cooked through.
4. Add the zucchini, carrot, tamari, maple syrup, lime juice and chili, if desired.
5. Stir-fry until zucchini has broken down and the sauce is warmed through.
6. Season with sea salt.
7. Spoon chicken mixture into lettuce leaves and top with cilantro and a drizzle of yogurt

**Tip:** Store the remaining San Choy Bau mince in an airtight container in the freezer, defrost, reheat and serve in crispy lettuce cups next time you are short on time.

## PERFECT PIZZA **Serves 2**

*A lower-carb alternative to regular pizza that sneaks in some extra veg! We love this Italian-style topping, but you can add as many extra veggies as you like to make it your own!*

### **Why it's so good for you:**

Traditional pizza bases are heavy in gluten-rich flour that can be difficult to digest and leave you feeling sluggish. This cauliflower base adds some extra veggies to your meal making it nutrient-rich, light on your stomach, and it tastes amazing!

### **Ingredients**

(use organic ingredients where possible)

#### **Pizza Base**

- Florets from 1 cauliflower
- 3/4 cup almond meal (or 3/4 cup almonds made into almond meal by processing them in a food processor)
- 1 tbsp dried oregano
- Sea salt and freshly ground black pepper
- 3 free-range eggs, beaten

#### **Topping**

- 2 tbsp organic tomato paste
- 2 tbsp fresh or dried oregano
- 1 handful mushrooms, sliced
- 1 handful black olives, pitted
- 1/4 cup nutritional yeast or choice of parmesan or pecorino cheese
- Anchovies

#### **Garnish**

- 1 handful greens (arugula, basil)
- Squeeze lemon juice

### **Method**

1. Preheat the oven to 400°F (200°C) and line a baking tray with baking paper.
2. Coarsely chop the cauliflower and add to the food processor with the almond meal, oregano, and seasoning. Blend until it is a fine, rice-like texture.
3. Slowly add the eggs one at a time until the dough comes together and you can shape it into a ball.
4. Transfer to the baking paper and form into a pizza base by flattening the dough with your hands. Depending on preference, you could make 2 small bases or one large. We find the small bases work better and cook more evenly.
5. Pre-bake for 25 minutes or until golden.
6. Remove the crust from the oven.
7. Cover it with tomato paste, mushrooms, olives, oregano & nutritional yeast or cheese and put it back in the oven for 5-10 more minutes.
8. Take it out of the oven and top with fresh basil, arugula & a squeeze of lemon juice.

**Tip:** After blending the cauliflower and almond meal, you may wish to drain the excess liquid from the mixture using a cheesecloth or a fine sieve.

**Note:** You can store the leftover pizza dough in an air tight container in the freezer. Next movie night with friends, pull out the dough and impress them with your healthy homemade pizza base.

## MOROCCAN CHICKEN **Serves 2**

*This amazing dish will light up your home with the incredible aromas of Moroccan herbs and spices. It's perfect paired with quinoa or cauliflower mash.*

### **Why it's so good for you:**

Moroccan spices really are used for more than just flavoring food! Cumin is great for indigestion and turmeric is great as an anti-inflammatory. Combined with the digestive, immune-boosting benefits of garlic and onion, this dish is truly a medicinal meal!

### **Ingredients**

(use organic ingredients where possible)

- 2 chicken Marylands (or 2 thighs and 2 drumsticks)
- 2 tbsp ground cumin
- 2 tsp ground turmeric
- 4 cloves garlic, finely diced
- 1 small onion, finely diced
- 1 lemon peeled, pitted and cubed
- ½ cup black olives, pitted
- 1 cup chicken stock or white wine (or a mixture of both)
- 100g rice pasta (approximately 1 fist full)
- Butter for frying

### **Method**

1. Dust chicken in cumin and turmeric.
2. Heat pan and sauté onion and garlic in butter until translucent.
3. Fry chicken for 3-5 minutes each side, until brown.
4. Add remaining ingredients, cover and cook for 30 minutes.
5. Cook pasta as per package instructions.

### **Serve with**

1 cup cooked rice pasta.

**Tip:** Store the remaining Moroccan Chicken in an airtight container in the fridge and reheat for lunch the next day.

## MEXICAN BEAN CHILI **Serves 4**

*For all you Mexican food lovers out there, this recipe is bound to satisfy your taste buds. This tasty Mexican dish is packed full of herbs and spices.*

### **Why it's so good for you:**

This flavor-packed recipe is full of fiber, healthy carbohydrates and delicious, fresh ingredients. The health benefits of black beans, their versatility, and their high nutrient content make them one of the stars of this Mexican bean chili.

Consuming black beans has been shown to improve heart health, protect against cancer, increase fiber intake, improve digestion, boost energy and stabilize blood sugar. They are also a great plant-based protein.

### **Ingredients**

(use organic ingredients where possible)

- 1 tbsp coconut oil
- 1 onion, finely diced
- 2 cloves of garlic, finely chopped
- 1 tbsp ground cumin
- ¼ tsp cayenne pepper
- 1 x 14oz (1 x 400g) tin of black beans (or soak and cook dried black beans prior)
- 1 x 14oz (1 x 400g) tin of kidney beans
- 1 x 14oz (1 x 400g) tin of chopped tomatoes
- 2 kale leaves, coarsely chopped
- 1 zucchini, chopped
- 1 small sweet potato, chopped
- 1 red pepper, diced
- Salt and pepper
- ½ bunch cilantro (coriander) leaves for garnish
- ½ avocado, to serve

### **Method**

1. In a large saucepan, add the coconut oil and onion and cook on medium heat for 2 minutes or until translucent.
2. Add the garlic, cumin, cayenne pepper and cook for another 2 minutes until fragrant.
3. Add the black beans, kidney beans, tomatoes, kale, zucchini, sweet potato and red pepper.
4. Cook for about 12-15 minutes.
5. Serve up chili in bowls and top with fresh coriander leaves and avocado.

**Note:** This makes a big batch so you can eat half now and freeze the other half for next week. This is a great way of saving time and money. Simply remove from the freezer the night before and defrost in the refrigerator.

## PESTO PASTA WITH STEAMED GREENS **Serves 1**

*A delicious gluten-free version of the Italian favorite, pesto pasta is simple and sure to satisfy.*

### **Why it's so good for you:**

The secret to this pasta is the homemade basil pesto. The hero in this dish is the basil.

Did you know there are actually 35 different types of basil? Basil contains antioxidant-rich volatile essential oils. These volatile essential oils are what give the herb its distinct smell and taste, and they're also responsible for the healing benefits of basil.

Basil contains disease-fighting antioxidants, and has anti-inflammatory, antibacterial and antimicrobial properties.

When buying basil, look for brightly colored leaves that are firm and aren't wilted - or simply grow your own.

### **Ingredients**

(use organic ingredients where possible)

#### **Pesto**

- 1 bunch of basil
- 100g (3.5 oz) walnuts
- 1 clove garlic
- Juice of ½ lemon
- 5 tbsp extra virgin olive oil
- 1 pinch salt

#### **Pasta**

- 100g of cooked gluten-free brown rice pasta. We recommend choosing an organic brown rice pasta containing no additives.
- 1 cup green vegetables of choice, lightly steamed (spinach, broccoli, bok choy etc.)

### **Method**

1. Fill a large pot with water, add a good pinch of sea salt and place on medium heat on the stove.
2. Cook the pasta as directed on the package or until al dente, and lightly steam your green vegetables.
3. To make the pesto, add all ingredients to a food processor and process until well combined.
4. Drain the pasta, stir through the pesto and green vegetables and serve in a bowl or on a plate.

## COCONUT FISH CURRY | COCONUT CHICKPEA CURRY **Serves 2**

*This healthy, flavorsome fish curry is full of warming exotic spices and packs a flavor punch.*

### **Why it's so good for you:**

Traditional curries can often leave you feeling tired and sluggish. We've swapped the darker meats for white fish or chickpeas and omitted the coconut milk, for a fresh feel on a usually heavy dish. The blend of exotic spices stay consistent with traditional flavors.

If you like a curry with rice, we recommend basmati rice because it has a lower glycemic index than all other white rice varieties. Steamed green beans go well with this, too. Avoid using high mercury fish such as flake, swordfish and tuna.

We encourage you to make your curry pastes from scratch as most store-bought curry pastes, although convenient, contain artificial ingredients.

### **Ingredients**

(use organic ingredients where possible)

#### **Curry Paste**

- 1 tbsp coconut oil
- 1 onion, finely chopped
- 2 cloves of garlic, finely chopped
- 2 tbsp garam masala powder
- 1 tsp turmeric
- 1 tsp cumin
- Zest of 1 lime

#### **Fish or Chickpea Curry**

- 1 lb (500g) mahi mahi or similar firm, wild-caught white fish, diced in 1 inch pieces (vegetarian version - omit the fish and replace with 2 cups of cooked chickpeas, tinned or soaked and cooked)
- 1 x 14oz (1 x 400ml) can coconut milk
- 1 tsp sea salt
- ½ bunch cilantro (coriander), chopped for garnish
- ¼ lime
- 1 cup cooked rice (basmati or brown)

### **Method**

1. Melt coconut oil in a large pot, add onion and garlic and cook gently over a low heat until translucent. Add remaining curry paste ingredients and cook, stirring regularly for about 2 minutes or until fragrant.
2. Add the fish and stir to coat well in the spices.
3. Add coconut milk and simmer for 20-25 minutes until the fish is cooked through.
4. If making the vegetarian curry, add the chickpeas and coconut milk and stir through. Gently simmer for 4 minutes.
5. Serve immediately with a garnish of fresh cilantro leaves and a generous squeeze of fresh lime juice.

**Vegetarian Version:** omit the fish and replace with cooked chickpeas.

**Tip:** Store the remaining Curry in an airtight container in the freezer and defrost when needed for the following week.

## WARMING BEAN STEW WITH SAUTÉED KALE Serves 4

*This warming bean stew is hearty, comforting and only takes moments to prepare.*

### Why it's so good for you:

Cannellini beans are an excellent source of protein, antioxidants, iron and dietary fiber. They also contain several nutrients including vitamin K, and minerals like copper, phosphorous, calcium, manganese, potassium and molybdenum, making them the hero in this dish. Due to high fiber content, they help stabilize blood sugar levels in the body and provide long lasting energy.

The many health benefits of tomatoes are due to their wealth of nutrients and vitamins. They are rich in vitamins A, C, and K, as well as significant amounts of vitamin B6, folate, and thiamin. Tomatoes are also a good source of potassium, manganese, magnesium, phosphorous, and copper.

While cooking often reduces the levels of vitamins in tomatoes, some of these beneficial components remain intact. Cooking tomatoes increases the levels of the beneficial phytochemical lycopene. Consuming high levels of lycopene has been known to lower the risk of heart disease and certain types of cancer.

### Ingredients

(use organic ingredients where possible)

#### Stew

- 1 tsp coconut oil
- 4 cloves of garlic, finely chopped
- 2 tsp dried Italian herbs
- ¼ tsp ground chili or cayenne pepper
- 2 x 14oz (2 x 400g) tin of chopped tomatoes
- 2 x 14oz (2 x 400g) tin of cannellini beans
- 5 sun-dried tomatoes, roughly chopped
- Salt and pepper

#### Sautéed Kale

- 2 kale leaves, stems removed, roughly chopped
- 1 tbsp apple cider vinegar
- 1 tbsp coconut oil
- Salt and pepper

### Method

1. Heat a large pot over medium-high heat, add oil, garlic and sauté until fragrant and softened.
2. Add the Italian herbs, ground chili, sun-dried tomatoes, chopped tomatoes and cannellini beans and cook on medium heat for about 10-15 minutes.
3. When the stew is warmed through and cooked, you can start cooking the kale.
4. Heat a frying pan over medium heat and add coconut oil. Then add kale and sauté for 2 minutes.
5. Add apple cider vinegar and salt and pepper to taste. Sauté for another 1 minute.
6. Serve the stew in a bowl with the sautéed kale.

### Serve with

1 cup cooked rice pasta.

**Note:** If using a slow cooker, simply add all stew ingredients to the crockpot or slow cooker and cook on low for 4-5 hours.

## VEGGIE STIR-FRY WITH RICE **Serves 1**

*Simple is sometimes best! A vegetarian stir-fry thrown into the weekly meal routine is a great way to use up leftover vegetables and up your daily fiber intake.*

### **Why it's so good for you:**

Not used enough, Bok Choy is actually a type of Chinese cabbage. It's a part of the cruciferous vegetable group and is dense in vitamins and minerals. The vitamins C & A found in bok choy act as antioxidants and protect cell membranes from free radical damage.

We can't forget to mention ginger. This nutritional powerhouse is both medicinal and aromatic. Ginger fights against sickness, reduces inflammation and minimizes the spread of infection.

### **Ingredients**

(use organic ingredients where possible)

- 2 tsp sesame oil
- 1 thumb-sized piece of ginger, finely chopped
- 1 garlic clove, finely chopped
- ½ cup broccoli florets, chopped small
- 1 shallot or spring onion, thinly sliced
- 1 small bok choy, roughly chopped
- ½ red bell pepper, thinly sliced
- 2 tbsp tamari
- 1 cup cooked rice (basmati or brown)

### **Method**

1. Cook rice as per package instructions.
2. Heat wok or frypan over high heat.
3. Add sesame oil and, when hot, add ginger and garlic to sauté for 1 minute.
4. Add broccoli and spring onion and toss for 1 minute
5. Add bok choy, bell pepper and toss for a further minute.
6. Add tamari and cover for 1 minute.
7. Serve on a bed of cooked rice.

## GUT HEALING CHICKEN SOUP **Serves 4**

*This gut healing chicken soup is brimming with nature's bounty. The base is made from gut-healing bone broth and packed full of nutrient rich vegetables.*

### **Why it's so good for you:**

Bone broths are extraordinarily rich in protein and minerals. Glycine supports digestion and the body's natural detoxification process and proline, especially when paired with vitamin C, supports good skin health.

Bone broths are also rich in gelatin, which is great for healthy skin and joint health. Gelatin also supports digestive health.

Ever wondered why chicken soup is good for a cold? Chicken broth inhibits neutrophil migration and helps lessen the side effects of colds, flus and upper respiratory infections.

### **For the chicken broth:**

#### **Ingredients**

(use organic ingredients where possible)

- 1 whole, organic chicken
- 3½ quarts (3¼ L) filtered water, enough to cover chicken
- A generous splash of apple cider vinegar
- 1 carrot, roughly chopped
- 2 stalks celery, roughly chopped
- 1 onion, roughly chopped
- 1 tbsp sea salt
- 2 tsp turmeric powder

#### **Method**

1. Place chicken, enough water to cover chicken and apple cider vinegar in a large pot and bring to boil.
2. Add garlic, carrot, celery, onion, turmeric and sea salt.
3. Gently simmer in the pot for 2 hours. Keep topping up water to prevent over-evaporation.
4. Strain liquid and shred chicken off the bones to use in a chicken soup or store cooled broth in airtight containers in the fridge.

#### **For Slow Cooker**

1. Add all ingredients to the crockpot or slow cooker and cover with filtered water.
2. Cook on low setting for 6-10 hours.
3. Strain liquid and shred chicken off the bones to use in a chicken soup or store cooled broth in airtight containers in the fridge.

#### **Optional**

For maximum nutrition, return the bones and strained liquid to the crock pot, slow cooker or pot for further cooking. If using a slow cooker, set on low and cook until the slow cooker turns off. If cooking in a pot, simmer with the lid on for a further 1 hour.

**Tip:** Store the remaining soup in an airtight container in the fridge

***For the chicken soup:***

**Ingredients**

- 
- Shredded chicken (from broth above)
- 2 cups broccoli, chopped
- 2 cups celery, diced
- 2 cups mushrooms, chopped
- 2 cups carrot, diced
- 1 apple, diced

**Method**

1. In a large pot over medium heat, add chicken broth liquid.
2. Add in all vegetables and chicken.
3. Cover and gently simmer for 7 minutes.
4. Serve soup in bowls

**For Slow Cooker**

1. Add all ingredients to the crockpot or slow cooker and cover with filtered water.
2. Cook on low setting for 6-10 hours.
3. Strain liquid and shred chicken off the bones to use in a chicken soup or store cooled broth in airtight containers in the fridge.

**Optional**

For maximum nutrition, return the bones and strained liquid to the crock pot, slow cooker or pot for further cooking. If using a slow cooker, set on low and cook until the slow cooker turns off. If cooking in a pot, simmer with the lid on for a further 1 hour.

## POTASSIUM BALANCE BROTH **Serves 4**

### **Why it's so good for you:**

The nutrients in this broth, such as potassium, magnesium and manganese, make it a good adrenal tonic for stress-related conditions and general fatigue!

We can't forget to mention ginger. This nutritional powerhouse is both medicinal and aromatic. Ginger fights against sickness, reduces inflammation and minimizes the spread of infection.

### **Ingredients**

(use organic ingredients where possible)

- 4 cups (32oz/944ml) spring or filtered water
- 2 onions, finely diced
- 1 leek, finely diced
- 2 stalks celery, finely diced
- 4 medium zucchinis, finely diced
- 3½ cups green beans, roughly chopped
- 1 small bunch parsley with stems and leaves, roughly chopped
- 3 tomatoes, finely diced
- 2 cloves garlic, finely diced
- 1 tsp sea salt

### **Method**

1. Place all ingredients in a large saucepan.
2. Bring to a gentle boil, lower heat and then simmer very gently for 30 minutes, with lid on.
3. Strain and use as a broth. Alternatively, leave vegetables in, or even blend to create a thicker soup.

**Tip:** Store the remaining soup in an airtight container in the fridge.

A glass of vibrant red beet juice sits on a rustic wooden surface. The juice is garnished with fresh green herbs. Surrounding the glass are several whole and sliced beets, along with green leafy vegetables, creating a fresh and healthy aesthetic.

# RECIPES *juices*

## SUPER DETOX GREEN JUICE **Serves 1**

### Why it's so good for you:

Reduce inflammation of the digestive system, and alkalize your body with this refreshing, cleansing juice! Packed with greens to detoxify, hydrate and nourish your cells. It's the perfect pick me up or healthy morning kickstart.

### Ingredients

(use organic ingredients where possible)

- 2-3 celery stalks, leaves removed
- 1 small cucumber
- 2 kale leaves
- 1 small lemon or lime, peeled
- 1 pear or apple
- Optional: 1 tsp greens powder

### Method

1. Juice all ingredients except the greens powder.
2. Stir in the powder just before serving.

## HEALTHY GUT GREEN JUICE **Serves 1**

### Why it's so good for you:

The key component of this incredible juice is green cabbage! Part of the cruciferous vegetable family known for their anti-cancer effects, cabbage possesses a potent compound (DIM) that has been shown to protect against the harmful effects of radiation therapy. Cabbage juice has also been used to treat stomach ulcers by coating the stomach and protecting the lining. Pair this with the goodness of greens and the soothing, anti-inflammatory compounds in ginger, and this is one gut-loving green juice!

### Ingredients

(use organic ingredients where possible)

- ¼ of large green cabbage
- 1 large bunch romaine lettuce leaves
- 1 inch ginger root
- 1 green apple
- Optional: 1 tsp greens powder

### Method

1. Juice all ingredients except the greens powder.
2. Stir in the greens powder just before serving.

## HEAVY METAL DETOX JUICE **Serves 1**

### Why it's so good for you:

This juice is a nutritional powerhouse packed with parsley and cilantro, known to bind and purge heavy metals from the body, purifying your tissues, organs and blood. They also help to improve digestion and guard against free radical damage! A recent study showed cilantro even purifies water!

### Ingredients

- (use organic ingredients where possible)
- 3 celery stalks
- 1 cucumber
- 1 handful of parsley
- 1 handful of cilantro/coriander
- 1 green apple
- ½ fennel bulb
- 1 lemon, peeled

### Method

1. Juice all ingredients.
2. Pour into your glass and enjoy.

## BLOOD PURIFIER JUICE **Serves 1**

### Why it's so good for you:

Beetroot is the star ingredient in this juice. It is best known as a blood purifier that helps in the creation of red blood cells. Beet juice is also high in dietary nitrate, and a rich source of folate and manganese. Its superstar powers help to improve the structure of your blood and aid in curing diseases of the circulatory system, large intestine, and digestive system, along with dissolving stones in the liver, kidneys and bladder.

Enjoy over ice any time of day, or directly before a workout to help improve your performance!

### Ingredients

- 1 beetroot, stem removed and washed
- 1 apple
- ¼ inch ginger root
- 2 large carrots

### Method

1. Juice all ingredients.
2. Pour over ice and enjoy.

## CELLULITE PURGER JUICE **Serves 1**

### Why it's so good for you:

The combination of ingredients in this juice helps to improve blood circulation, boost your metabolism, and detoxify toxins, helping to prevent excess fat cells forming in the body. Due to the high vitamin C content, it also helps produce collagen to firm up the skin and reduce fluid retention. All of which contribute to the formation of pesky, unwanted cellulite!

Grapefruits and oranges also support the immune system and may help inflammatory conditions such as asthma, osteoarthritis and rheumatoid arthritis.

Refresh and rehydrate with this delicious skin-supporting drink!

### Ingredients

(use organic ingredients where possible)

- 2 red grapefruits, peeled
- 1 orange, peeled
- 1 handful of mint leaves

### Method

1. Juice all ingredients.
2. Pour into your glass and enjoy.

## V EIGHT JUICE **Serves 1**

### Why it's so good for you:

This juice contains all the components of a healthy salad. Perfect for those on a low sugar diet or simply looking to bump up their vegetable intake. Just one glass of this each day will cleanse and nourish your cells, helping your body to thrive!

### Ingredients

(use organic ingredients where possible)

- 2 celery stalks
- 1 carrot
- ½ a small beetroot
- 1 handful of parsley
- 2 tomatoes
- Pinch of sea salt
- A handful of cos, romaine, watercress, spinach
- Optional: 1 pinch of pepper to taste

### Method

1. Juice all ingredients.
2. Pour into your glass and enjoy.



RECIPES

# smoothies

## BERRY GOODNESS SMOOTHIE Serves 1

### Why it's so good for you:

Berries are rich in antioxidants which help your body fight cell damage, premature aging and oxidative stress linked to the development of numerous diseases! All fruits and vegetables contain antioxidants, but nutrient-rich berries are some of the absolute best sources! They're also a great source of fiber, and when combined with avocado, banana and the hydration from coconut water, this smoothie mix will also help detoxify your bowels and replenish electrolytes.

### Ingredients

(use organic ingredients where possible)

- 1 handful of baby spinach leaves
- ½ small avocado
- 1 cup frozen organic berries
- 1 banana
- 1½ cups of coconut water or purified water
- Optional: Ice cubes

### Method

1. Blend all ingredients together.
2. Enjoy!

## REAL CHOCOLATE MILKSHAKE Serves 1

### Why it's so good for you:

Free from artificial colors, flavors and refined sugars, this chocolate milkshake is a guilt-free treat for the whole family! Cacao is mineral and antioxidant rich, protecting your nervous system, reducing blood pressure, and boosting your mood! The addition of coconut oil and a low GI sweetener means your blood sugar won't skyrocket, either!

### Ingredients

(use organic ingredients where possible)

- 1 cup milk (eg. nut milk, coconut milk or organic dairy milk)
- 1 tbsp raw cacao powder
- 1 tsp coconut oil
- ½ tsp ground cinnamon
- ½ tsp natural vanilla extract
- 1 tbsp pure maple syrup or raw honey
- Pinch of sea salt
- 6 ice cubes

### Method

1. Blend all ingredients together.
2. Enjoy!

## GREEN SMOOTHIE **Serves 1**

### **Why it's so good for you:**

Starting your morning with a green smoothie is an excellent way to feel invigorated, refreshed & ready to take on the day.

Adding spinach as 'the green element' to your smoothie is a great way to get in those extra vitamins. High in vitamins A, C, E, K and bioavailable in iron, manganese, calcium, and folate spinach is truly a powerhouse green that supports many functions of the body.

Discreet in flavor, the avocado in the smoothie is a little powerhouse on its own, high in essential fatty acids (monounsaturated fats) - a type of fat which is integral to cell function and the synthesis of some important hormones. Not to mention, adding this fat into your smoothie helps you feel 'fuller' for longer and prevents those post-meal hunger pangs.

We also wanted to say, fear not green smoothie newbies, this recipe does include banana, cinnamon & dates for sweetness! The combination of these ingredients makes for a delicious blend, not to mention all these ingredients are functional foods, as well! Bananas are high in potassium and great for metabolic balance; cinnamon reduces blood pressure; and dates contain fiber!

### **Ingredients**

(use organic ingredients where possible)

- 1 banana
- ½ avocado
- Handful of spinach (fresh or frozen)
- 1 serving protein powder of choice
- 1 date, pitted
- 14 oz (0.4 litre) plant-based unsweetened milk of choice (coconut, hemp, almond, cashew, rice, soy)
- ½ tsp cinnamon

### **Method**

Add all ingredients to blender and blend until smooth.

### **Optional extras**

Chia seeds, hemp seeds, maca powder, greens powder, nut butter, raw cacao powder, fresh mint, spirulina powder, coconut oil.

**Note:** Avoid protein powders containing sugar, artificial sweeteners, additives and artificial flavors. Opt for either plant-based or organic whey protein using only natural ingredients, or organic vegan protein powders.

## CHOCOLATE LOVERS SMOOTHIE BOWL **Serves 1**

*Chocolate lovers rejoice! This smoothie bowl is packed with goodness but will have you feeling like you are enjoying an indulgent treat*

### **Ingredients**

(use organic ingredients where possible)

- 2 frozen bananas
- ½ cup ice
- ½ cup coconut milk
- 1 tbsp nut butter
- 2 tbsp raw cacao powder
- 1 tsp maca powder

### **Method**

1. Blend until smooth and thick.
2. Top with your favorite toppings.

### **Toppings**

- Strawberries
- Shredded coconut
- Nuts
- Granola



RECIPES

# snacks

## SEAWEED CHIPS **Serves 2**

### Why it's so good for you:

Nori is a great source of iodine, which is important for thyroid health. It's extremely low in calories, yet also provides a source of potassium, vitamin A, magnesium, and vitamin C.

### Ingredients

(use organic ingredients where possible)

- 12 nori sheets
- ¼ cup water
- 1 tbsp sesame oil
- Pinch of ground cayenne pepper
- Sea salt to taste

### Method

1. Preheat oven to 275° F (135° C) and cover two baking dishes with parchment paper.
2. Place six sheets of nori, shiny side up, on the baking sheet. With a pastry brush, lightly brush the shiny side of the nori with water, be sure to reach the edges, then carefully align another sheet of nori on top and press them together.
3. Repeat with the remaining sheets until they're buddied up.
4. Using kitchen shears, cut the nori into one inch strips, then cut those strips in half again. You will end up with approximately 42 chips.
5. Arrange the chips in a single layer on the baking sheets.
6. In a small bowl, combine sesame oil, and cayenne. Use the pastry brush to coat the top of the chips, then sprinkle with salt.
7. Place on the middle rack of the oven, and bake for 15 to 20 minutes, keeping an eye on them so they don't burn. They will turn a deep, glossy green.
8. Remove from the oven. Allow them to cool before eating immediately for maximum crunch.

## BASIL & WALNUT STUFFED MUSHROOMS WITH ALMOND CRUMB **Serves 2**

*Are you searching for a scrumptious, satisfying, savory vegan treat? This ticks all those boxes - and more! They make a great starter or side dish (but it's understandable if you just want to make a meal of them!).*

### Ingredients

(use organic ingredients where possible)

- 4-6 large mushrooms or 1 cup small mushrooms, halved
- ½ onion, finely diced
- 1 tbsp olive oil
- 1 clove garlic, finely chopped
- ½ cup chopped walnuts
- 1 cup fresh basil, reserve some for topping
- ½ cup almond meal (or ½ cup almonds made into almond meal by processing them in a food processor)
- 3 tbsp nutritional yeast
- 2 tsp dried oregano
- ½ tsp sea salt
- ½ tsp cracked pepper

### Method

1. Preheat oven to 350°F (180°C) and line oven tray with parchment paper.
2. In a frying pan over medium heat, sauté onion until soft and brown, adding in garlic, chopped walnuts, and fresh basil.
3. Sauté for another 2 minutes. Remove from heat.
4. In a small bowl mix together almond meal, nutritional yeast, dried oregano, salt and pepper.
5. Line mushrooms on baking tray and stuff with the basil and walnut mixture.
6. Top with almond crumb mixture.
7. Bake for 12-15 minutes until golden brown.

## AVOCADO PROBIOTIC CUP **Serves 1**

### Why it's so good for you:

Avocados make a great snack as they're rich in healthy fats and fiber, helping you to stay full until your next meal. They also contain more potassium than bananas!

### Ingredients

(use organic ingredients where possible)

- 1 avocado
- 4 tbsp sauerkraut
- 1 clove garlic
- 1 tsp olive oil

### Method

1. Halve the avocado and remove seed.
2. Pulse the sauerkraut and garlic in a food processor (add water if needed).
3. Pack sauerkraut into the avocado seed hole and drizzle with olive oil and pinch of sea salt.

## GREEN SMOOTHIE **Serves 1**

### Why it's so good for you:

Adding spinach as 'the green element' to your smoothie is a great way to get in those extra vitamins. High in vitamins A, C, E, K and bioavailable in iron, manganese, calcium, and folate spinach is truly a powerhouse green that supports many functions of the body.

Discreet in flavor, the avocado in the smoothie is a little powerhouse on its own, high in essential fatty acids (monounsaturated fats) - a type of fat which is integral to cell function and the synthesis of some important hormones. Not to mention, adding this fat into your smoothie helps you feel 'fuller' for longer and prevents those post-meal hunger pangs.

We also wanted to say, fear not green smoothie newbies, this recipe does include banana, cinnamon & dates for sweetness! The combination of these ingredients makes for a delicious blend, not to mention all these ingredients are functional foods, as well! Bananas are high in potassium and great for metabolic balance; cinnamon reduces blood pressure; and dates contain fiber!

### Ingredients

(use organic ingredients where possible)

- 1 banana
- ½ avocado
- Handful of spinach (fresh or frozen)
- 1 serving protein powder of choice (see note)
- 1 date, pitted
- 14 oz (0.4 litre) plant-based unsweetened milk of choice (coconut, hemp, almond, cashew, rice, soy)
- ½ tsp cinnamon

### Method

1. Add all ingredients to blender and blend until smooth.

### Optional extras

Chia seeds, hemp seeds, maca powder, greens powder, nut butter, raw cacao powder, fresh mint, spirulina powder, coconut oil.

**Note:** Avoid protein powders containing sugar, artificial sweeteners, additives and artificial flavors. Opt for either plant-based or organic whey protein using only natural ingredients, or organic vegan protein powders.

## CHILI, LIME & TAMARI TRAIL MIX **Serves 1**

*Spice up your afternoon snacks with our Chili, Lime & Tamari Trail Mix. Be the envy of the office when you pull out your homemade trail mix when the 3:30 pm cravings strike!*

### Ingredients

(use organic ingredients where possible)

- 1 cup almonds
- ½ cup seeds (pumpkin, sunflower)
- 1 tsp dried chili flakes
- 2 tsp tamari
- 1 lime, juice & zest
- 

### Method

1. Mix all ingredients together & coat well.
2. Spread on baking tray lined with parchment paper.
3. Roast at 350°F (180°C) for 20-30 minutes, until golden brown.

## CRISPY CAULIFLOWER NUGGETS Serves 8

### Ingredients

(use organic ingredients where possible)

- 1 small head of cauliflower, cut into bite-sized florets
- 1 cup almond meal (or 1 cup almonds made into almond meal by processing them in a food processor)
- 2 tsp chili powder
- 1 tsp smoked paprika
- 1 tsp cumin
- ½ tsp garlic powder
- 1 tsp ground turmeric
- 1 cup coconut milk or almond milk
- ½ cup brown rice flour
- Salt & pepper to taste
- 

### Method

1. Preheat the oven to 350°F (175°C). Spray the mini-loaf pans with non-stick coating (or butter) and arrange on a parchment-lined baking sheet.
2. Mix almond meal and ground spices in a medium-sized bowl to make a crumb.
3. In another bowl, mix together almond or coconut milk and brown rice flour to make batter. Mix well.
4. Coat cauliflower florets in batter, a few at a time, then toss in almond meal spice mix.
5. Bake for 25-30 minutes or until golden brown and crisp.
6. Roast at 350°F (180°C) for 20-30 minutes, until golden brown.

## NUT & SEED CRACKERS WITH DIPS Serves 8

*These delicious oven-baked crackers are the perfect hunger-tamer when paired with a side of protein and fiber-rich dip. A Food Matters snack time favorite!*

### Twice Cooked Seed & Nut Crackers

#### Ingredients

(use organic ingredients where possible)

- |                             |                                  |
|-----------------------------|----------------------------------|
| • 2 tbsp chia seeds         | • 1 teaspoons baking soda        |
| • 2 tbsp flax seeds         | • 1 teaspoon salt                |
| • ½ cup warm water          | • ½ cup pepitas or pumpkin seeds |
| • ½ cup raisins             | • ¼ cup sunflower seeds          |
| • ½ cup pecans chopped      | • 1 cup almond milk              |
| • 1 cup of almond meal      | • ¼ cup honey                    |
| • 1 tablespoon dry rosemary |                                  |

### Method

1. Preheat the oven to 350°F. Spray the mini-loaf pans with non-stick coating (or butter) and arrange on a parchment-lined baking sheet.
2. Place chia seeds, linseeds and warm water into a bowl and allow to soak for 20-30 minutes until seeds absorb most of the liquid.
3. In a large mixing bowl, mix together the raisins, pecans, almond meal, rosemary, baking soda, salt, pepitas and sunflower seeds.
4. Pour in the almond milk and honey over the mixture and stir gently with a spatula just until no more dry flour remains.

5. Pour batter into mini-loaf pans, filling about 3/4 full. Bake 30 minutes, until golden-brown.
6. Remove the cakes from the pans and let them cool completely.
7. To make the crackers, leave oven preheating at 300°F. Position one rack in the top third of the oven and a second rack in the bottom third.
8. Slice loaf as thin as possible using a serrated knife, 1/8- to 1/16-inch thick. Lay the slices in a single layer on a parchment-lined baking tray.
9. Bake the crackers for 15 minutes. Flip crackers, and continue baking for another 10 to 15 minutes. The crackers are done when they are no longer pale in the middle, feel dry to the touch, and are curled slightly at the edges. It's ok if they're still a little soft in the middle; the crackers will crisp as they cool.
10. Transfer the baked crackers to a cooling rack to cool completely. Crackers will keep in an airtight container on the counter for several weeks.

### ***For Beetroot Hummus***

#### **Ingredients**

(use organic ingredients where possible)

- ½ medium roasted beetroot
- 1 cup soaked chickpeas
- ¼ cup tahini
- Juice of one lemon
- 1 garlic clove crushed
- 1 tsp ground cumin
- 1 tsp ground sea salt

#### **Method**

Place all of the ingredients into a food processor or blender and pulse until well combined.

### ***For Basil, Spinach and Cashew Dip***

#### **Ingredients**

(use organic ingredients where possible)

- 1 cup fresh basil leaves
- 1-2 cups fresh baby spinach
- Juice of one lemon
- ¼ cup extra virgin olive oil
- 1 garlic clove
- ½ cup raw cashews
- 1 tsp sea salt

#### **Method**

Place all of the ingredients into a food processor or blender and pulse until well combined.

## CHOCOLATE BLISS BALLS **Serves** 16-18

*We are big lovers of bliss balls, as they make the perfect hunger-busting snack to keep in the fridge! This version is free of dates for those of you who don't tolerate them or if you are wanting to keep the natural sugars low!*

### **Why it's so good for you:**

Cacao contains the mood improver anandamide – known as the bliss molecule -- which creates a feeling of euphoria.

Raw cacao offers amazing health benefits for your entire body! Cacao boosts brain levels of serotonin, the feel-good brain chemical. Flavanols are an anti-inflammatory and heart-protective antioxidant group found in cacao. Studies show they can protect against cardiovascular disease, reduce the risk of stroke, and help improve blood circulation! Cacao contains over 700 compounds and the complex antioxidants found in it known as polyphenols help reduce 'bad cholesterol' and prevent hardening of the arteries.

It's first helpful to understand the distinction between cacao, cocoa and chocolate. Here are some definitions:

**Cacao:** Refers to the plant, a small evergreen tree of the species *Theobroma cacao*, cultivated for its seeds, also known as cacao beans or cocoa beans.

**Cocoa:** Refers to the powder made from roasted, husked and ground cacao seeds, from which most of the fat has been removed.

**Cocoa butter:** The fat component of the cacao seed.

**Chocolate:** The solid food or candy made from a preparation of cacao seeds (roasted); if the cacao seeds are not roasted, then you have "raw chocolate," which is also typically sweetened.

### **Ingredients**

(use organic ingredients where possible)

- 1 cup raw cacao powder
- 2/3 cup coconut flour
- 1/3 cup coconut oil
- 3 tbsp maple syrup
- 1/2 cup peanut butter

### **To Coat**

- 2 tbsp desiccated coconut
- 2 tbsp raw cacao powder
- 2 tbsp roasted organic peanuts (crushed)

### **Method**

1. Melt coconut oil, maple syrup and peanut butter over in a small saucepan over low heat.
2. Stir in cacao powder and then gradually add in coconut flour until you reach the desired consistency.
3. Roll into 1 tbsp balls and roll a third of the balls in each coconut, cacao and crushed peanuts.



RECIPES

# desserts

## PUMPKIN CHOCOLATE CHIP COOKIES **Serves** 16-18 Cookies

### Why it's so good for you:

These cookies are a great way to add extra vegetables into your diet. Pumpkin, sweet potato and beetroot all blend really well into desserts. You won't even notice them!

### Ingredients

(use organic ingredients where possible)

- 1½ cups pumpkin, skin removed and cut into 1 inch (2.5 cm) cubes
- ¼ cup softened butter or coconut oil
- ¼ cup maple syrup
- 1 tsp vanilla extract
- 1¼ cups coconut or buckwheat flour
- 2 tsp cinnamon powder
- ¼ tsp sea salt
- ¼ cup 70 - 85% dark chocolate chips or chop a block roughly into chunks

### Method

1. Preheat oven to 350° F (180° C). Rub a couple of tablespoons of melted coconut oil over pumpkin.
2. Roast the pumpkin for 45 minutes or until soft. Allow to cool slightly.
3. In a bowl, mix the pumpkin pieces, butter/coconut oil, maple syrup and vanilla.
4. Stir in the flour, salt and cinnamon. Combine well to form a smooth batter.
5. Stir through the chocolate chips/chunks.
6. Spoon tablespoon-sized rounds onto a greaseproof, paper-lined baking tray. Spread out with the back of a spoon so they are about 1cm (½ inch) thick.
7. Bake for about 15-20 minutes. They will still be soft and the underside should become golden brown.
8. Allow to cool completely on a wire rack before storing in an airtight container in the fridge. They are really good when they're still warm!

## BERRY ICE CREAM WITH RAW CHOCOLATE SAUCE **Serves 2**

### Why it's so good for you:

This ice cream is vegan and dairy free and an amazing source of antioxidants and vitamin C, too!

### Ingredients

(use organic ingredients where possible)

- 3 frozen bananas
- 1½ cups frozen mixed berries
- 2 tsp vanilla extract
- ½ tsp stevia or 1 tbsp raw honey

### Sauce

- ½ cup hazelnuts
- 2 tbsp raw cacao powder
- ¼ tsp stevia or 1 tbsp raw honey, to sweeten
- 2 tbsp tahini (sesame seed paste)
- Pinch sea salt
- 2 tbsp coconut oil
- ½ cup warm water
- ½ cup ice

### Method

1. Blend the bananas, mixed berries, honey and vanilla in a high speed blender.
2. For the sauce, mix all ingredients except for the ice in a high speed blender. Add the ice only when a creamy consistency is formed.
3. Serve the ice cream in bowls and pour sauce over the top.

## RAW COCONUT ROUGH ICE CREAM **Serves 2**

### Why it's so good for you:

It's free from dairy, refined sugar, preservatives and other unnecessary additives. When you make it at home, you know exactly what's going in it. Plus it's quick and easy to make, and won't cost you a fortune. It's a naughty little treat without the naughty!

### Ingredients

(use organic ingredients where possible)

- 1 cup cashews (soaked overnight in water)
- 1 cup coconut milk
- 1 cup shredded coconut
- ½ cup maple syrup
- 3 tbsp cacao powder
- 1 tbsp vanilla extract

### Method

1. Combine all ingredients in a high speed blender. Blend until smooth.
2. Place ice cream mixture into a freezer-safe bowl and then into the freezer to set, stirring occasionally. Allow to set and eat with minimal guilt.

## AVOCADO CHOCOLATE MOUSSE **Serves 2**

### Why it's so good for you:

Raw cacao is one of the world's most potent sources of antioxidants and is rich in minerals! Not to mention the healthy fats you'll get from the avocado, and fiber to fill you up.

### Ingredients

(use organic ingredients where possible)

- 2 medium-sized ripe avocados
- 1/3 cup raw cacao powder, or more to taste
- 5 fresh dates, pitted and roughly chopped
- 1/4 cup coconut milk, nut milk or filtered water
- 1 tsp vanilla extract
- Pinch sea salt
- Optional: toasted coconut threads, grated dark chocolate or berries to serve

### Method

1. Soak the dates in warm water for 10 - 30 minutes to soften. Then drain water.
2. In a blender or food processor, add the avocado flesh, dates, milk, vanilla, salt, and cacao powder.
3. Blend until smooth. You may need to add a little more liquid to facilitate blending, and scrape down the sides of the jug a few times.
4. Adjust ingredients to taste, adding more cacao powder if needed.
5. Serve and garnish with your choice of toppings.

## RAW CHOCOLATE RASPBERRY BARK **Serves 8**

*Craving a chocolate snack without the guilt? Whip up this Raw Chocolate Raspberry Bark for those moments when you just need a little chocolate comfort!*

### Ingredients

(use organic ingredients where possible)

- 1/2 cup good quality drinking chocolate or raw cacao
- 1/4 cup maple syrup
- 1/2 cup coconut oil, melted
- 1 tsp vanilla
- 1/4 cup nut butter
- 1/2 cup raspberries
- 3 tbsp activated buckwheat, quinoa puffs or oats
- Optional: you can mix up your chocolate to include whatever ingredients you have on hand. We love things like goji berries, shredded coconut, nuts, seeds, chia seeds. The choice is yours!

### Method

1. In a mixing bowl, add cacao, maple syrup, melted coconut oil, vanilla and nut butter. Whisk together until combined well.
2. Mix through raspberries and buckwheat groats / quinoa puffs.
3. Pour chocolate mixture into a lined tray or container (freezer safe).
4. Place in the freezer for 30 minutes or until set.
5. Remove from freezer and cut or break up bark into pieces to enjoy.